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Calm: 50 Mindfulness Exercises to De-stress Wherever You are

By Arlene Unger

Apple Press. Hardback. Book Condition: new. BRAND NEW, Calm: 50 Mindfulness Exercises to De-stress Wherever You are, Arlene Unger, Everyone wants to feel calm and happy, but few of us manage it. The truth is that we are just not equipped for the twenty-first century - it is too fast, too crowded, too 24/7. And the more stressed we become, the harder it is to find the quiet oases that are essential to our wellbeing. It doesn't have to be this way! Here is the antidote to the clamour and strain of everyday living, a means of breaking the vicious cycle of stress. It is a book of mindfulness exercises - instant and effective ways to slow down and find some serenity - wherever you are and whatever you are doing. This beautiful but practical title draws on a wide range of psychological techniques, including mindfulness, cognitive behavioural therapy and emotional brain training - all of them proven to work. The perfect size to keep in a handbag or pocket, this book has been designed as a tool to keep close by, and to turn to at any point in a busy day. So, open it up and find some...



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