

Read Online Calm Working
Through Lifes Daily Stresses
To Find A Peaceful Centre

Calm Working Through
Lifes Daily Stresses To Find
A Peaceful Centre

***"This book is a way to release
what's going on inside your
head and to keep heading***

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towards the good stuff. The simple stuff. The stuff that's going to really hit up that happiness on a deep and nourishing level. Whether you dip into these pages every now and then when you feel you need it, or use it daily as a

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positive exercise, I hope it brings you much relief, joy and calm. Amen to the pen." - Fearne Cotton For many of us, life can feel like it's moving too fast with pressure bearing down on us from all sides - whether that's from school or

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***work, family or social media.
As a result, we find ourselves
frazzled, lost and - too often -
feeling blue. It's a subject
close to Fearne's heart.
Drawing on her own
experiences and including
expert advice, HAPPY offers***

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***practical ways of finding joy
each and every day. Happiness
isn't a mountain to climb, it's
just one foot in front of the
other on the path of life, and
here you'll find little steps
that will help make the
differences that count. With***

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***workbook elements to help
you start and end the day well;
get in touch with your
creative side; and find peace
through written exercises,
simple practical ideas and
visualisations, these are daily
tricks and reminders to help***

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***you unlock that inner
happiness.***

***Eat your way to increased
energy, balanced emotions,
and an overall state of calm
and relaxation. In Ayurvedic
medicine there are said to be
three main energies that***

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affect our mind: • sattva, the state of contentment and calm; • rajas, the state of reactivity and excitability; and • tamas, the dull, slow, and stagnant state of mind. The good news is that there are direct ways of bringing these

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states into balance through what we eat. The recipes in this book are simple, seasonal, and delicious, while bringing the traditional foods of Ayurveda into the modern kitchen. Everyday Ayurveda Cooking for a Calm, Clear

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***Mind uncovers the true
potential of food to heal not
only our bodies, but our minds
too.***

***Kristin Neff PhD, is a
professor in human
development whose 10 years'
of research forms the basis of***

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her timely and highly readable book. Self Compassion offers a powerful solution for combating the current malaise of depression, anxiety and self criticism that comes with living in a pressured and competitive culture. Through

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tried and tested exercises and audio downloads, readers learn the 3 core components that will help replace negative and destructive measures of self worth and success with a kinder and non judgemental approach in order to bring

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***about profound life change
and deeper happiness. Self
Compassion recognises that
we all have weaknesses and
limitations, but in accepting
this we can discover new ways
to achieve improved self
confidence, contentment and***

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***reach our highest potential.
Simply, easily and
compassionately. Kristin
Neff's expert and practical
advice offers a completely new
set of personal development
tools that will benefit
everyone. 'A portable friend to***

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***all readers ... who need to
learn that the Golden Rule
works only if it's reversible:
We must learn to treat
ourselves as well as we wish to
treat others.' Gloria Steinem
'A beautiful book that helps us
all see the way to cure the***

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***world - one person at a time -
starting with yourself. Read it
and start the journey.' Rosie
O'Donnell***

***A thoughtful collection of soul-
soothing writing, O's Little
Book of Calm & Comfort is the
antidote to life's trying times.***

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Featuring essays and interviews from some of the most celebrated contributors to O, The Oprah Magazine, this heartening collection offers solace, wisdom, and connection. Among the highlights: Nora Ephron on

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the state of rapture that comes from curling up with a good book; Maeve Binchy on the blessings of friends; and a stirring conversation between Oprah and the American Buddhist nun Pema Chodron that reveals how the pain we

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experience can create the possibility of a more joyful life. Together, these pieces from great writers and celebrated thinkers serve as a reminder that however tumultuous life may become, the world has beauty,

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***kindness, and love enough to
see us through.***

Calm: the Journal

365 Days of Serenity

***Working through life's daily
stresses to find a peaceful
centre***

How to Bring Calm and

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***Happiness into Your Daily Life
Outer Order Inner Calm
A Pathway to Everyday
Resiliency
Quiet***

The latest no-fks-given
guide from New York Times
bestselling author of the**

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**international sensation The
Life-Changing Magic of Not
Giving a F**k, Get Your Sh*t
Together, and You Do You
Do you waste time
overthinking things you
can't do anything about?**

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**Do you freak out when
things don't go to plan?
Does anxiety get in the way
of you living your best life?
When life hands you a big
fat f**king lemon, Calm the
F**k Down gives you**

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**practical ways to manage
the situation, not to
mention your anxiety about
the situation. One hundred
per cent practical and zero
percent Pollyanna-ish, this
is a book that**

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**acknowledges all the bad
shit that can and probably
will happen to you - from
break ups and breakdowns
to floods, family feuds and
France running out of
butter - and shows you**

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**what you can realistically
do about it so you can get
on with your life, stop
worrying and wallowing,
and start bouncing back.
Think of Calm the F**k
Down as the friend who,**

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**instead of reassuring you
that 'everything's going to
be okay,' actually shows
you how to make it so.
Are you sometimes
stressed, anxious, or
emotional? Do you ever feel**

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something is missing, even when you think you should be happy? Are there people with whom you dont get on well but wish you did? Have you ever wondered why you behave a certain way, do or

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**don't do certain things, or
have done something you
now regret? This is not a
typical self-help book,
because self-help books are
usually read by people who
think they have a problem**

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to solve. This book is for everyone. Using straightforward jargon-free language it discusses many of the difficult issues of life, most of which are likely to affect us or

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**someone we know at one
time or another. It includes
short discussions of stress,
relationships, love affairs,
work, parenting, sibling
rivalry, motherhood,
divorce, weddings,**

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**Christmas, teenagers,
arguments, criticism,
depression,
communication, childhood,
bullying, chronic pain, self-
harm, addiction, suicide,
bereavement, kindness,**

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**abuse, the battle of the
sexes and more. People
who can stay calm and
content no matter what life
throws at them all have
similar thoughts and
attributes which can be**

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learnt by anyone. The central theme of this book is self-esteem and how it is affected every day by our circumstances and the people we come across. We are usually unaware that it

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**is our self-esteem that
drives our emotions,
thoughts, and actions. The
authors clients suggested
this book be written so
anyone could learn how to
stay calm and content no**

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**matter what life throws at
them. Personal stories
highlight how you can
control or change how you
feel about yourself, and
how you can positively
influence your life and the**

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**lives of everyone around
you.**

**THE INSPIRING SUNDAY
TIMES BESTSELLER 'Fearne
Cotton is a tireless seeker
of the truth, and a
wonderful communicator of**

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sanity, hope, and (most refreshingly of all) reality. This is, simply put, a beautiful book.' Elizabeth Gilbert, author of Eat, Pray, Love and Big Magic 'During a time where

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**misinformation is spreading
faster than ever and people
are finding it hard to keep
it real, Fearne shows us the
power of living in our truth.
She has a magical way of
making us feel understood**

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**through her compelling
storytelling, while showing
us a path to a more
authentic life.' Vex King,
author of Good Vibes, Good
Life 'This book is going to
help a lot of people.'**

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**Philippa Perry, author of
The Book You Wish Your
Parents Had Read 'Loved it
- without judgement, but
with a cheeky wink of
wisdom, Fearne gives you
the tools that she's learned**

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**on her own journey.' Skin,
Skunk Anansie 'We need
truth talkers more than we
ever have right now. Wild,
bold, connected truth
talkers. Fearne takes our
hand and shows us how to**

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**be one by treading the
wild, vulnerable path first.'**
**Sarah Wilson, author of
First, We Make the Beast
Beautiful Fearne Cotton's
voice is familiar to millions,
whether that's through**

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**television, radio or on her
hugely successful Happy
Place podcast. Her voice is
her career, her livelihood
and the way she
communicates with her
audience and her loved**

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**ones. So, when Fearn's
doctor told her she was at
risk of needing a throat
operation followed by two
weeks of being unable to
speak, she found herself
facing a period of**

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**unexpected contemplation.
As she considered what
silence would mean, Fearne
began to think about other
times her voice had gone
unheard - as a young
woman, as 'just the talent',**

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**as the foil to louder, more
dominant figures. She
found herself wondering, at
what point do we
internalise this message,
and start silencing
ourselves? When do we**

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**swallow down our authentic
words to become pleasers
and compromisers at the
cost of our own happiness
or wellbeing? Speak Your
Truth dives into all the
ways we learn to stay quiet**

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**for the wrong reasons, and
explores how to find your
voice, assert yourself and
speak out with confidence.
Brave, vulnerable and
deeply personal, Speak
Your Truth shares Fearne's**

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**compelling story and helps
you to shape your own., ,
THE #1 BESTSELLER 'One of
the most influential doctors
in the country' - Chris Evans**

It only

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**takes 5 minutes to start
changing your life. For
good. Feel Better in 5 is the
first daily 5 minute plan
that is easy to maintain,
easy-to-follow and requires
only the smallest amount of**

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willpower. Top tips include:

- **A strength workout that you can do anywhere**
- **Gut-boosting snacks you can eat on the go**
- **Yoga moves to relax and stay supple**
- **Breathing exercises to calm**

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**the mind Drawing on Dr
Rangan Chatterjee's twenty
years of experience and
real-life case studies from
his GP practice, Feel Better
in 5 is your daily plan for a
happier, healthier you at no**

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extra cost.

**Yoga Happy
Calm the Chaos Journal
Or, Why I Spent a Year
Trying to Sing in the
Morning, Clean My Closets,
Fight Right, Read Aristotle,**

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**and Generally Have More
Fun**

**No Matter What Life Throws
at You**

**O's Little Book of Calm &
Comfort**

A Calm Brain

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The Happiness Project

'In a world beset by
burnout, Greg McKeown's
work is essential' --
Daniel H. Pink 'Effortless
shows that achieving more
doesn't have to be as hard

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as we make it out to be'

-- Arianna Huffington FROM
THE INTERNATIONALLY
BESTSELLING AUTHOR OF
ESSENTIALISM COMES A GUIDE
TO MAKING THE MOST
IMPORTANT TASKS EFFORTLESS

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The intricacy of modern life has created a false dichotomy between things that are 'hard and important,' and those that are 'easy and trivial.' Everything has become so

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much harder than it ought to be. But, Greg McKeown, bestselling author of Essentialism, says, there is a third alternative. In Effortless, he offers practical strategies for

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making the most vital tasks the easiest ones. Honed over the better part of a decade, these strategies include: . Asking 'What Step Can I Remove?' (accomplish more,

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in fewer steps) · Having
the Courage to Be Rubbish
(prioritize progress over
perfection) · Deciding
What 'Done' Looks Like
(don't keep running after
you pass the finish line)

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McKeown's philosophy of essentialism has helped thousands to eliminate nonessential activities and focus on the few that really matter. Working out what is essential is the

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first step - making these
tasks effortless is the
next. Effortless will show
you how.

Real Reads is a series of
adaptations of great
literature from around the

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world that makes classic stories, dramas and histories available to young readers as a bridge to the full texts, to language students wanting access to other cultures

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and to adult readers who are unlikely ever to read the original versions. To commemorate the start of World War I, Real Reads is presenting adaptations of three key works from this

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catastrophic period.

Reading Level: Grade 4;

Interest Level: Grades

6-12. Perfect for

struggling and reluctant

readers. Original.

Combines meaningful,

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calming quotations and affirmations with evocative photography from the archives of National Geographic in an elegantly designed reference that centers on monthly themes

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organized to promote a year's worth of relaxation and meditation support. In this concise, readable book you'll learn useful, do-able skills that you can integrate into every

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aspect of your life for stress-free success. It will: - give you tools and skills to manage stress, reduce anxiety and deal effectively with the pace and pressure of 21st

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century living. -
demystify the most
important aspect of what
drives us, our
relationships and our
decision-making - our
feelings. - explain how

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you can change the way
your brain is wired to
move effortlessly towards
a fulfilling life of
clarity, focus and
balance. This short
reassuring book is rich in

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science but low in jargon.
It is underpinned by a
model which provides
proven solutions for
combatting stress, anxiety
and burnout. The simple,
easily learned mindfulness

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techniques will enable you to rewire your brain and participate fully and enthusiastically with life. What makes this book unique is the easy to grasp way it explains key

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aspects of being human,
our awareness of ourselves
and our feelings. It shows
how to live in the
present, how mindfulness
works in the brain and how
to live a happier life.

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The Mindfulness Playbook
Unlocking Your Natural
Relaxation System
Everyday Ayurveda Cooking
for a Calm, Clear Mind
Better Than Before
The power of finding

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meaning in a messy world

Way of the Peaceful

Warrior

Calm the Mind. Change the

World

Find connection, calm and

happiness. Yoga Happy is an

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essential companion to help you through life, whether you're a complete yoga beginner or wanting to deepen your home practice. In this beautiful, full-colour book you will find everything you need to build your

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inner strength and resilience,
and help you find calm,
happiness and the resilience to
navigate the modern world.

Written by yoga and meditation
teacher Hannah Barrett, who has
helped hundreds of thousands of

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people both online and through her workshops and classes, Yoga Happy encourages you to incorporate key disciplines, thoughts and actions into your everyday life. No matter how little time or space you have, Hannah

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shows how you can find your energy, reduce stress at home or at work, get a good night's sleep and learn to cope better with whatever life throws at you. This inspiring handbook will also guide you through short,

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illustrated yoga sequences
adapted for all abilities, plus give
you breathing techniques,
meditations and other proven
mindful practices that will help to
nourish and support your mind
and body.

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THE FOLLOW UP TO THE
SUNDAY TIMES BESTSELLER,
HAPPY: FINDING JOY IN
EVERY DAY AND LETTING GO
OF PERFECT 'Calm for me is
less about thought and much
more about feeling. It is a

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stillness that allows my lungs to expand like hot air balloons. It is an acceptance of the noise around me. It is a magic alchemy that might last a second or a whole day, where I feel relaxed yet aware; still yet dynamic; open

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yet protected . . . '*** In today's
always-on world, for many of us
it seems impossible to relax, take
time out or mute the encircling
'noise'. It is easy to feel trapped
in this frenzied state of mind: we
are surrounded by negative

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stories in the press, weighed down by pressures from work, family life or school and subject to constant scrutiny under the all-seeing eye of social media. As a result, mental health illnesses are on the rise in every age

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group, and more of us than ever before yearn for silence, peace and calm. CALM is Fearne's mission to find the simple things that can inch us away from stress and over to the good stuff. Including expert advice,

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conversations with wise friends from all walks of life, easy ideas to try, activities to complete - and the little things that have made a difference to her own, sometimes-bumpy life - this book is a friendly reminder that Calm is a

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place that exists in us all, we just have to find our way back to it.

A tender, powerful, and achievable path to the everyday resiliency we all need to navigate the uncertainty in our lives. An inspiring new voice in resiliency,

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Dr. Robyne Hanley-Dafoe believes that our modern conception of resiliency as "fighting" or being "tougher" is misguided. Learning happens when we are able to trust and feel safe; fear and shame are

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barriers, not facilitators, for authentic growth, acceptance, and change. In Calm Within the Storm, Dr. Robyne maps out a kinder approach to taking on the challenges of life and developing authentic self-alignment and

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balance. By focusing on research-informed, sustainable, and achievable personal development practices, Dr. Robyne presents a new, attainable model for everyday resiliency--one that everyone can

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use to feel more grounded and capable. She identifies the obstacles that derail us and keep us stuck, and shows us how to enact our resiliency through stories, research, and practical strategies.

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WAY OF THE PEACEFUL

WARRIOR has become one of
the most beloved spiritual sagas
of our time. Shared among
friends and families, this million-
copy word-of-mouth bestseller
has inspired men and women of

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all ages in twenty languages
worldwide. Despite his success,
college student and world-
champion athlete Dan Millman is
haunted by a feeling that
something is missing from his
life. Awakened one night by dark

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dreams, he wanders into an all-night gas station, meets an old man named Socrates, and his world is changed forever. Guided by this eccentric old warrior, drawn to an elusive young woman named Joy, Dan begins

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a spiritual odyssey into realms of light and shadow, romance and mystery, toward a final confrontation that will deliver or destroy him. This classic tale, told with heart and humor, speaks to the peaceful warrior in

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each of us. Countless readers have been moved to laughter and tears - even moments of illumination - as they rediscover life's larger meaning and purpose. Journey with Dan on the peaceful warrior's path to

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unreasonable happiness. Find
out for yourself why this book
changes lives.

declutter and organize to make
more room for happiness

Daily Calm

Self-Compassion

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Calm the Chaos Cards

Bigger Than Us

A Daily Practice for a More
Peaceful Life

Silencing the brain chatter and
believing that you're good
enough

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Self-care is more important now than it has ever been. It is exactly what to turn to when you need to stay calm in chaos. This quick read goes beyond the basics of eating well, exercising, and getting quality sleep. Packed with smart self-care strategies,

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***this book can help you get
through each day of the week: -
Sunday: Stay Present - Monday:
Stay Motivated - Tuesday: Stay
Flexible - Wednesday: Stay
Realistic - Thursday: Stay
Supported - Friday: Stay
Connected - Saturday: Stay***

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Resilient Whether you write it out, sweat it out, breathe it out, or let it go, these mind-body-spirit practices can help you cope with the ever-changing landscape we are living in.

***Calmness is within your reach.
With a little bit of help, the***

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methods of truly relaxing your mind and body, of letting go of stresses and strains, can be learned, practised and perfected. Bursting with tips, centring statements and soothing activities, How to Be Calm will help you to feel more at ease in

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the world and better equipped to deal with the things that really matter.

Build a positive mindfulness habit with Daily Calm. The Daily Bell is a mindfulness reminder - a sort of 'thought of the day' - that mindfulness expert Padraig

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O'Morain sends out to his 15,000 subscribers every morning, and he has done so for the last 5 years. Following on from the success of this, Padraig has compiled 100 brand new reminders and easy exercises into Daily Calm. By picking up the

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book and dipping into the short exercises, you will learn to integrate mindfulness into your life, improve personal resilience and build up a regular mindfulness habit. As a psychotherapist, trained counsellor and mindfulness

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teacher with over 25 years' experience, Padraig understands the importance of taking time out of your busy day to find moments of calm. 'Padraig is extremely well read and his knowledge of the subject of mindfulness is vast. He has a great ability to

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***explain concepts in simple terms.
This book will be a valuable
addition to my own practice, and
to my work as a psychologist in
elite sport.' - Dr Kate Kirby,
Olympic sport psychologist and
Head of Psychology, Sport
Ireland Institute 'A plethora of***

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***practical and ingenious insights
to help the most stressed
amongst us to embrace the
rewards of feeling calm. If you
want to lead a calmer life, this
book is for you. A very clever
concept packed full of mindful
solutions to help you cultivate***

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Through Lifes Daily Stresses
To Find A Peaceful Centre

inner tranquility in a chaotic world.' Fiona Brennan, clinical hypnotherapist and author of Irish Times bestseller, The Positive Habit 'We need little moments and skills that can bring us from a state of overwhelm to one of calm,

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courageousness and compassion now, more than ever. Daily Calm will give you such moments and skills in simple, accessible, easily digestible chunks in a few short minutes per day. The practices within this book could change the trajectory of your day, and

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***indeed your life when practiced
consistently over time.' Aisling
Leonard-Curtin, chartered
psychologist, co-author No. 1
Irish Times bestseller, The Power
of Small, Acceptance and
Commitment Therapy Trainer
Throughout history, there has***

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been one quality that great leaders, makers, artists and fighters have shared. The Zen Buddhists described it as inner peace, the Stoics called it ataraxia and Ryan Holiday calls it stillness: the ability to be steady, focused and calm in a constantly

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busy world. Drawing on a wide range of history's greatest thinkers, Holiday shows us how crucial stillness is, and how it can be cultivated in our own lives today. Just as Winston Churchill, Oprah Winfrey and baseball player Sadaharu Oh have done,

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***we can all benefit from stillness
to feed into our greater
ambitions - whether building a
business or simply finding
happiness, peace and self-
direction. Stillness is the key to
the self-mastery, discipline and
focus necessary to succeed in***

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this competitive, noisy world.

Happy: The Journal

***Why asking for help can save
your life***

***The Proven Power of Being Kind
to Yourself***

How to Stay Calm in Chaos

Calm the F**k Down

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Effortless

How to be Calm

*Calm anxiety through
connection; Find happiness
through purpose; Feel
comfort in the universal;
Think bigger to unlock you.*

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*In her brand-new book,
Fearne Cotton seeks out the
insight and advice of wise
minds to explore what they
can teach us to achieve
happiness, connection and
hope. Fearne weaves her*

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own journey of discovery and personal stories with the deep knowledge, ancient practices and emotional tools of renowned spiritualists and thought leaders. With their help, she

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*peels back layers of anxiety
and self-limiting beliefs to
find contentment and deeper
meaning. Down-to-earth and
relatable, Bigger Than Us is
divided into three universal
lessons that we can all learn,*

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*no matter who we are or
what we believe: love,
awareness and
communication. From
intuition and energy to the
law of attraction, ritual,
prayer and signs, Fearne*

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*explores positive ideas and
exercises that are available
to every single one of us.
Bigger Than Us is for anyone
seeking a path through our
confusing lives and offers
inspiration for tapping into*

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*the strength and comfort
around us and releasing the
blocks and insecurities that
hold us back.*

*'A LOT OF US WOULD LIKE A
RUBIN IN OUR LIVES' The
Times 'EXTRAORDINARY' Viv*

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*Groskop 'FASCINATING,
PERSUASIVE' Guardian 'A
LIFE-CHANGER' The Pool
HABITS ARE THE INVISIBLE
ARCHITECTURE OF
EVERYDAY LIFE. Most of us
have a habit we'd like to*

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*change, and there's no
shortage of expert advice.
But as we all know from
tough experience, there is no
magic 'one-size-fits-all'
solution for everything from
weight loss to personal*

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organisation. In Better Than Before, Gretchen Rubin explores her theory of 'The Four Tendencies' dividing people into four basic groups: Upholder, Obliger, Questioner and Rebel. She

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answers the most perplexing questions about habits with her signature mix of rigorous research and engaging storytelling (and a personality quiz to establish which of the Four Tendencies

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*fits you): - Why do we find it
tough to create a habit for
something we love to do? -
How can we keep our
healthy habits when we're
surrounded by temptations?
- How can we help someone*

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else change a habit? Rubin reveals the true secret to habit change: first, we must know ourselves. When we shape our habits to suit ourselves, we can find success- even if we've failed

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before. Whether you want to eat more healthfully, stop checking your phone, or finish a project, the invaluable ideas in Better Than Before will start you working on your own habits -

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*even before you've finished
the book. ALSO BY
GRETCHEN RUBIN The Four
Tendencies: the
indispensable personality
profiles that reveal how to
make your life better AND*

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*Outer Order Inner Calm:
declutter and organize to
make more room for
happiness AND Happier At
Home: a year-long
experiment in making the
everyday extraordinary*

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To Find A Peaceful Centre

A therapeutic and consoling workbook with exercises to soothe anxiety and create a state of calm. Most of us long to be a little calmer: too many of our days are lost to agitation and worry, stress

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and discord. Yet we know that we are at our best when we can manage not to panic and take challenges in our stride. Fortunately, a calm state of mind is not a divine gift. Even those of us

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*starting from a more
agitated position can
systematically understand
and lay claim to it. Too many
books on this subject simply
explain what it would be like
to be calm. This is a*

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*workbook that takes us
through the practical steps
required to actually become
calm. It is filled with
exercises and prompts that
deliver the self-
understanding and self-*

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*compassion on which true
serenity depends.*

*Furthermore, the book
invites us to build calming
routines into our daily lives
so that what we learn can
stick with us and change us*

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for the long term. Based on years of The School of Life's work in the area of anxiety and calm, this is a landmark workbook guaranteed to bring about the calmer state of mind we long for and

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deserve.

*A much-needed program to
prevent and reverse disease,
and discover a path to
sustainable, long-term health
from an acclaimed
international doctor and star*

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*of the BBC program Doctor
in the House. How to Make
Disease Disappear is Dr.
Rangan Chatterjee's
revolutionary, yet simple
guide to better health—a
much-needed, accessible*

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*plan that will help you take
back control of your health
and your life. A physician
dedicated to finding the root
cause of ill health rather
than simply suppressing
symptoms with drugs, Dr.*

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*Chatterjee passionately
advocates and follows a
philosophy that lifestyle and
nutrition are first-line
medicine and the
cornerstone of good health.
Drawing on cutting edge*

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research and his own experiences as a doctor, he argues that the secret to preventing disease and achieving wellness revolves around four critical pillars: food, relaxation, sleep, and

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movement. By making small, incremental changes in each of these key areas, you can create and maintain good health—and alleviate and prevent illness. As Dr. Chatterjee, reveals we can

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reverse and make disease disappear without a complete overhaul of our lifestyle. His dynamic, user-friendly approach is not about excelling at any one pillar. What matters is

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*balance in every area of your
life, which includes: Me-time
every day An electronic-free
Sabbath once a week
Retraining your taste buds
Daily micro-fasts Movement
snacking A bedtime routine*

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*Practical and life-changing,
How to Make Disease
Disappear is an inspiring and
easy-to-follow guide to
better health and happiness.
The Presentation of Self in
Everyday Life*

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100 Simple Sattvic Recipes

The Little Book of Calm

*65 Simple Practices for a
More Peaceful Life*

Feel Better In 5

A Book That Changes Lives:

Easyread Super Large 20pt

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To Find A Peaceful Centre
Edition

*How to Relax into a Stress-
Free, High-Powered Life*

***'Fearne Cotton and Frankie Bridge
have encouraged fans to open up
about their mental health issues in
inspirational social media posts'***

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Hello.com This book is about taming the bad inner voice - the one that has the power to overthrow gut instinct and talk us out of new adventures. We are all brimming with inner wisdom, yet we allow negative thoughts to confuse us. We forget how capable and strong

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***we can be. There is confidence
there even if it's hidden; there is
courage, beauty, wisdom and belief
- we just need some quiet to notice
it. Love, Fearne xxx - From Sunday
Times bestselling author Fearne
Cotton, this is the handbook for
modern life we all need. Including***

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expert advice, ideas to put into practice, adventures to complete and interviews with everyone from Bryony Gordon to Billie Piper, Quiet seeks out ways to help you tune out the negative backchat that holds you back, so you can hear the positives that will guide you

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***forwards . . . PRAISE FOR FEARNE
HAPPY Fearne's account is
wonderfully honest and relatable,
and it's also extremely comforting
and reassuring too - knowing that
even someone in her position is still
working through certain issues -
issues that a lot of us are working***

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through too. (MIND) Fearne Cotton's new book is full of useful advice on how to live a happier life. (Viv Groskop THE POOL) I recommend this for anyone who's looking to find true consistent happiness (Craig David) She's known for her fun and upbeat presenting style, but

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Fearne Cotton has also been bravely open about her struggle with depression during some darker points in her life. . . In our busy 2017 lives that are constantly fuelled by Instagram envy, bad Tinder dates and increasingly outrageous politicians, it's nice to

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go over the basics of simply being happy. (OK!)

Welcome to CALM The Journal. A place for you to relax, take time out, de-stress and mute the encircling 'noise' of today's always-on world. Dip into its beautiful pages as often and for as long as you like - whilst

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***this book is open it's all about
YOU!' *** * You can choose when to
start your journal on any day, in any
year * Beautifully designed to be
ready whenever you are! * Enjoy
little prompts to help you let go of
anxiety and appreciate the small
things that matter most to your***

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***wellbeing In Fearne Cotton's CALM:
The Journal, discover new ways to
get a better perspective on life and
creative prompts and motivational
musings to help you write a little
peace into every day of the year and
nurture the calmness within your
heart.***

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“This book made me happy in the first five pages.” —AJ Jacobs, author of The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible Award-winning author Gretchen Rubin is back with a bang, with The Happiness Project. The

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***author of the bestselling 40 Ways to
Look at Winston Churchill has
produced a work that is “a cross
between the Dalai Lama’s The Art of
Happiness and Elizabeth Gilbert’s
Eat, Pray, Love.” (Sonya
Lyubomirsky, author of The How of
Happiness: A Scientific Approach***

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to Getting the Life You Want) In the vein of Julie and Julia, The Happiness Project describes one person's year-long attempt to discover what leads to true contentment. Drawing at once on cutting-edge science, classical philosophy, and real-world

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***applicability, Rubin has written an
engaging, eminently relatable
chronicle of transformation.***

***This daily journal is filled with new
ideas, creative prompts, and words
of wisdom that will help you write a
little joy into every day of the year.***

100 Daily Reminders to Help You

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Build the Mindfulness Habit

***Mastering the Habits of Our
Everyday Lives***

An Everyday Self-Care Guide

How to Make Disease Disappear

The Calm Workbook

***Train Your Mind for Peace and
Purpose Every Day***

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Stillness is the Key

A successful life doesn't mean you have to experience chronic stress. Now, Dr. Gayatri Devi shows in A Calm Brain how you can cultivate an optimal mental and physical state of focused peaceful awareness by tapping into your body's hard-wired natural relaxation system.

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Our ancestors used the fight-or-flight mechanism to protect themselves from predators. We use it to fend off daily crises. In a world filled with too many toys, too much technology, and too many choices—how can we possibly keep up? Our bodies have been trained to react to the beeps and alarms of all our different

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technologies, be it the ever present cell phone, an angry text message, or a frantic voicemail. The result is chronic stress and a learned inability to relax. With a warm, lucid voice, Dr. Devi shares stories from her medical practice of ordinary people—suffering from migraines, neck pain, gastrointestinal upsets, and sleep

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deprivation— trying to work through life's difficulties. With practical advice she shows just how to promote a higher "vagal tone," and delivers the best news yet: you don't need more drugs. Here are the keys to more tranquil, productive, and enjoyable life. Dr. Devi explores a paradigm shift in our understanding of

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the brain's relaxation mechanisms. It is hard for our brains to talk our bodies into feeling calm, but our bodies have strong wiring that makes true enduring calm possible. The body does this through the vagus nerve, a powerful conduit that taps directly into our brain's built-in relaxation system. This revolutionary

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science can transform your work life and your home life.

"Written as a moral essay to his friend Paulinus, Seneca's ... words still pack a powerful punch two thousand years later. With its brash rejection of materialism, conventional lifestyles and groupthink, [the book] is as relevant as ever."--Back

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cover.

****THE SUNDAY TIMES**

BESTSELLER** "*Brave and beautiful...
a first aid manual for your mind.*" -
*Adam Kay, bestselling author of This is
Going To Hurt* "*Very readable. Very
relatable. Intensely moving but also full
of practical advice.*" - *Alastair Campbell*

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"I lived with it in silence. I tried to conquer it alone. And then I asked for help. It took me hitting hard, sharp rock bottom for me to truly recognize how ill I was." In OPEN, Frankie Bridge opens up about her ongoing journey from breakdown to breakthroughs and through self-loathing, hospitalization and self-

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acceptance. Part narrative exploration, part guide, this book will help you to understand the importance of talking and helping each other. It combines guidance and advice from the psychologist and psychiatrist who pulled her back from the brink along with their notes on her and conversations with her. This book will

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help people open up about their mental health and encourage us all to speak out.

Afterword by Mind. "OPEN is an intimate, honest and powerful read. So personal you want to jump into the

pages." - Giovanna Fletcher, bestselling author of Happy Mum, Happy Baby "A

beautiful read." - Zoe Ball, BBC Radio 2

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For anyone overwhelmed by the stresses of daily life, this book is a simple tool to promote calm and well-being. Here are 65 soothing pages, each featuring an encouraging mantra and a short practice, including exercises for mindfulness, self-care, awareness, grounding, gratitude, and more. Users can pull one page each

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morning to center themselves, or pick a few at a time to set a bigger intention for the week. Calm the Chaos make it easy to foster moments of peace and clarity, anytime and anywhere. • A CREATIVE WAY TO PRACTICE SELF-CARE: Manage daily stress, quell anxiety, and build happiness habits with the 65 pages

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in this book. • **CULTIVATE MORE MINDFULNESS:** *This book will help you practice daily reflection, record gratitude, and set achievable goals.* • **USE DAILY, WEEKLY, OR WHENEVER YOU NEED CALM:** *Open this book each morning to find a mantra and inspiration for your day, or choose one page a week to set a*

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larger intention.

*Simple Tools and Practices for Everyday
Calm & Strength*

*All Quiet on the Western Front
Calm*

Speak Your Truth

OPEN

Stay Calm and Content

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*Finding joy in every day and letting go of
perfect*

*Jay Shetty, social media superstar
and host of the #1 podcast On
Purpose, distills the timeless wisdom
he learned as a monk into practical
steps anyone can take every day to
live a less anxious, more meaningful*

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*life. When you think like a monk,
you'll understand: -How to overcome
negativity -How to stop overthinking
-Why comparison kills love -How to
use your fear -Why you can't find
happiness by looking for it -How to
learn from everyone you meet -Why
you are not your thoughts -How to*

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find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he

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headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others.

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Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress,

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pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness.

Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media.

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In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and

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Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome

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negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that

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*everyone can—and should—think like
a monk.*

THE NEW YORK TIMES BESTSELLER

'MOVE OVER, MARIE KONDO'

Washington Post 'EXCELLENT'

Telegraph 'YOU WILL FEEL LIKE YOU

CAN TAKE ON THE WORLD' Grazia

'WISHING I HAD A RUBIN TO HELP ME

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MAKE SENSE OF MY BELONGINGS'

Red 'DECLUTTER YOUR WAY TO

*HAPPINESS' Good Housekeeping In
the context of a happy life, a messy
desk or a crowded wardrobe is a
trivial problem - yet Gretchen Rubin
found that getting control of our stuff
makes us feel more in control of our*

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lives. Ask yourself: DO I NEED IT? DO I LOVE IT? DO I USE IT? With 150 concrete clutter-clearing ideas, insights, strategies, and sometimes surprising tips, Gretchen tackles the key challenges of creating outer order by explaining how to 'make choices', 'create order', 'know

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yourself, 'cultivate useful habits' and, of course, how to 'add beauty'. At home, at work, and in life, when we get our possessions under control, we can create a more serene environment. With a sense of fun, and a clear idea of what's realistic for most people, Gretchen suggests

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dozens of manageable steps to help us achieve the lives we yearn for.

ALSO BY GRETCHEN RUBIN The Four

Tendencies: the indispensable

personality profiles that reveal how to make your life better AND Better

Than Before: learn how to make good habits and break bad ones, for good

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*AND Happier At Home: a year-long
experiment in making the everyday
extraordinary*

*'Wonderfully honest and relatable,
and it's also extremely comforting
and reassuring too' MIND, No.1*

*Mental Health charity 'I recommend
this for anyone who's looking to find*

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true consistent happiness' Craig David "This book is a way to release what's going on inside your head and to keep heading towards the good stuff. The simple stuff. The stuff that's going to really hit up that happiness on a deep and nourishing level. Whether you dip into these pages

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every now and then when you feel you need it, or use it daily as a positive exercise, I hope it brings you much relief, joy and calm. Amen to the pen." - Fearne Cotton For many of us, life can feel like it's moving too fast with pressure bearing down on us from all sides - whether that's from

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school or work, family or social media. As a result, we find ourselves frazzled, lost and - too often - feeling blue. It's a subject close to Fearne's heart. Drawing on her own experiences and including expert advice, HAPPY offers practical ways of finding joy each and every day.

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Happiness isn't a mountain to climb, it's just one foot in front of the other on the path of life, and here you'll find little steps that will help make the differences that count. With workbook elements to help you start and end the day well; get in touch with your creative side; and find

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*peace through written exercises,
simple practical ideas and
visualisations, these are daily tricks
and reminders to help you unlock
that inner happiness.*

*This e-book is a shorter version of the
paperback, with the same beautifully
designed content excluding the*

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practical exercise pages - perfect to dip in and out, and choose which bits work best for you. Join the Calm revolution. Modern life is hectic and relentless: trains delayed, endless emails filling the inbox, kids squabbling before bedtime... There has never been a more important

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time to rediscover your pause button. Calm is the book that will show you how to take back a little bit of peace, space and all-important calm. This book contains the simple tools, tricks and habits that will change the rest your life. It is a practical and pleasurable guide to twenty-first

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century mindfulness. Regular meditation is medically proven to be good for you - it increases focus and creativity, productivity and job satisfaction, mental and even physical health. But in reality most of us don't have time to sit on a cushion with our eyes closed for half an hour

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every day. And many people associate meditation with hard work and huge lifestyle shifts: you might be imagining Buddhist monks locked in a mountain retreat and living off gruel... This is where Calm comes in. Calm is about simple, achievable habits that work with the demands of

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your busy life instead of pretending those demands don't exist. Calm does not require specialist training: it uses abilities that every single one of us is born with, like creativity, spontaneity and simply noticing the world around you. Calm is not a set of rules that you need to worry about

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following or breaking. It is inspirational, practical and non-prescriptive. Onerous, time-consuming meditation might seem out of reach but everyone can achieve calm - including you. Calm combines extracts from fascinating neurological research with wisdom

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from history's great thinkers and the real-life experiences of individuals across the globe. It demystifies mindfulness and shows you the many simple ways to be mindful while carrying on with your life. It is also a beautifully crafted object, filled with artwork and artistry, that will change

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your perspective by showing you the pleasures of the world anew. Take a walk with nowhere to go, savour a chocolate on the tip of your tongue, plant a seed, doodle aimlessly, turn off your mobile phone for five short minutes. Smile, breathe and go slowly. Michael Acton Smith has

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