



Calm: Secrets to Serenity from the Cultures of the World (Mini Edition)

By Lonely Planet

Lonely Planet Publications Ltd. Hardback. Book Condition: new. BRAND NEW, Calm: Secrets to Serenity from the Cultures of the World (Mini Edition), Lonely Planet, Learn to laugh down your fears at Halloween, send your worries to Guatemalan worry dolls to look after for you or become one with your natural environment like an Inuit kayaker. All around the world people find ways to contend with the stresses of daily life. Here are fifty of these calming cultural secrets as well as methods for applying them at home. Bring a little slice of calm to your busy life now with this new mini edition!.



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