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Calm: Working through life's daily stresses to find a peaceful centre (Hardback)

By Fearne Cotton

Orion Spring, 2017. Hardcover. Condition: New. ***NEW BOOK*** All orders processed within 24 hours, fast UK shipping from our family run independent store. 3-5 business days standard shipping with 1-2 business days priority shipping also available (over seas shipping 4-14 days standard.) Over 10 years experience, fast and friendly customer service guaranteed. 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 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 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, 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 -...



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