



The Book of Calm: Quotations and Ideas to Bring Peace into Your Life

By Lizzie Cornwall

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, The Book of Calm: Quotations and Ideas to Bring Peace into Your Life, Lizzie Cornwall, 'You cannot perceive beauty but with a serene mind.' Henry David Thoreau When you're finding it hard to get a moment's peace amongst all the hectic activity in your life, take a step back, breathe deep and open this book. Peppered with uplifting quotations to bring a smile to your face and filled with inspiring ideas to help free your mind of worries and focus on the moment, this charming Book of Calm is your first step on the way to finding inner tranquillity.



Reviews

Comprehensive manual! Its this sort of excellent read through. We have read through and i also am certain that i will going to read through once more again later on. You wont sense monotony at at any time of your time (that's what catalogs are for regarding in the event you question me).

-- Prof. Geraldine Monahan

Extremely helpful to all category of individuals. I have got go through and that i am confident that i will likely to read through once again again later on. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Nikita Herzog

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