



I Want to be Calm: How to De-Stress

Harriet Griffey

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I Want to be Calm: How to De-Stress Harriet Griffey

A beautiful and useful book on how to live a calmer, more peaceful, and mindful life. With the stress and strains of modern life, it is increasingly difficult to be the peaceful and serene spirit that we all wish to be. In *I Want to Be Calm*, Harriet Griffey explores the issues we may face in our day-to-day lives that make us feel stressed, anxious, depressed, or overwhelmed, and shares practical advice on how to overcome them. Covering topics such as the worry cycle, managing emotions, and mindful meditation, Harriet shows how to implement easy but effective approaches to find calm, looking at mindfulness at home and work, how to pursue better relationships, and more. Beautifully illustrated throughout, *I Want to Be Calm* will still the mind and relax the body, bringing you peace and happiness.



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