



How to be Calm

By Anna Barnes

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, How to be Calm, Anna Barnes, Calmness is within your reach. With a little bit of help, the methods of truly relaxing your mind and body, of letting go of stresses and strains, can be learned, practised and perfected. Filled with practical tips, life-affirming statements and helpful suggestions for soothing activities, this beautifully designed book will help you to feel more at ease in the world and better equipped to deal with the things that really matter. It will guide you to a calmer place.



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