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The Little Book of Calm is a book written by Paul Wilson, used to advise people on how to deal with stressful situations. In 2000 , Manny Bianco purchased the book from Black Books in order to deal with the high amount of stress put on him by his job as an accountant.

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Paul Wilson meditation teacher Wikipedia

The Little Book of Calm. The Little Book of Calm (ISBN 0-14028526-1) was published by Penguin Books in 1997. It distills Wilson's larger books Instant Calm, and was written during a Zen seminar in Japan. One review described it as "the first and still one of the best books aimed at counteracting stress".

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