



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.



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