



The Gift Of Calm

Niro Feliciano



The Gift Of Calm:

A Positive Plan for Creating More Calm, Less Stress Karol Ladd, Chamomile Calming Touch Samuel Livingston, AI, 2025-02-19 Chamomile Calming Touch explores the science and tradition behind chamomile a natural remedy used for centuries It investigates chamomile s potential for promoting sleep and easing anxiety highlighting the bioactive compounds like apigenin that contribute to its calming effects The book also delves into chamomile s impact on digestive health examining its ability to soothe discomfort and support gut health This exploration begins with a historical overview tracing chamomile s use across cultures It then transitions to a detailed examination of the plant s chemical composition and potential mechanisms of action The book emphasizes the need for rigorous scientific validation to fully understand chamomile s efficacy and safety presenting a balanced perspective on its benefits and the limitations of current research Readers gain insights into how chamomile interacts with the body potentially offering a natural approach to stress management and wellness Across chapters Chamomile Calming Touch progresses from the history and botany of chamomile to specific areas like sleep anxiety and gut health It concludes with practical applications including various methods of use and potential risks By blending historical use with scientific evidence this book empowers readers to make informed decisions about incorporating chamomile into their healthy lifestyle

Quiet Thoughts, Calm Mind, the Natural Way Mercedes Lemstra, 2018-07-19 Discovering how to achieve peace of mind and reduce stress shouldn t itself induce anxiety but the complex explanations and technical language of many self help books make using these practices seem almost intimidating You want a simpler gentler introduction to a calmer mind In Quiet Thoughts Calm Mind The Natural Way author Mercedes Lemstra explains six easy ways to calm your mind and quiet your thoughts Explore the possibilities offered by these diverse approaches to a peaceful calm mind Autogenic training Breathing exercises Emotional freedom technique Gratitude Meditation Mindfulness This little book offers simple introductions to some of the most effective relaxation and stress busting techniques available and provides you with just enough history and science to contextualize these practices Find the one that works for you and enjoy the benefits of a peaceful mind

Building Intelligent Tutoring Systems for Teams Joan Johnston, Robert Sottolare, Anne M. Sinatra, C. Shawn Burke, 2018-09-20 This volume explores advances in theory research and technologies needed to advance the state of the art of intelligent tutoring systems ITSs for teams

Crafting Calm Maggie Shannon, 2013-04-16 In this wired wild world it is harder than ever to shut out noise and busyness in order to truly calm yourself but in Crafting Calm a D I Y guide to peace of mind you ll find inspiring ideas for how to do exactly that through a wide range of creative exercises In this book author Maggie Oman Shannon explores crafts and creativity as a practice with enormous physical mental and spiritual benefits By immersing ourselves in a craft with intention and mindfulness we can quiet those voices around us and in us we can enter sacred stillness Through revealing interviews personal stories and forty suggested activities the author shows how creative processes can become spiritual practices

Whether you're an aspiring artist, longtime craftsperson, or someone who has never set foot in a craft store, yet you'll find something in *Crafting Calm* to inspire you. Crafts and how-to ideas include contemplation candles, visual journals, prayer shawls, collage, mandalas, intention beads, finger labyrinths, personal prayer flags, spiritual toolkits, and tabletop altars. Features inspired craft ideas from luminaries such as Angeles Arrien, Mary Ann Radmacher, Shiloh Sophia McCloud, Sister Marianne Heib, May Ann Brussat, and many more.

All Is Calmish Niro Feliciano, 2025-10-14 Stop forcing holiday cheer and start embracing the season in a way that truly resonates with you. Discover simple daily strategies for cultivating peace, balance, and genuine joy as you navigate the holidays with grace. Merry and bright! Yeah, right! During the holidays, many of us are anything but cheerful. Thanksgiving, Diwali, Christmas, Hanukkah, Kwanzaa, and New Year's often make us frazzled and frantic. Stressed and stretched, distressed and depressed. From psychotherapist Niro Feliciano, author of *This Book Won't Make You Happy* and frequent TODAY show contributor, comes a book to help you move beyond holiday pressures and maintain perspective when it matters most. *All Is Calmish* dispenses a therapist's strategies for surviving the season. As a mother of four and sought-after expert on mental health, Feliciano sees our valiant attempts to be happy and create a magical holiday. Meanwhile, we are actually exhausted and anxious from managing family drama, loneliness, grief, crazy schedules, and overwhelming debt. The truth is, the holidays can be the hardest time of the year. But with Feliciano's help, they don't have to be. In thirty-one short chapters, Feliciano gives us daily prompts and rituals rooted in research, brain science, and the wisdom of spiritual traditions to help us set boundaries, create meaningful connections, start new traditions, and manage the season with greater ease. While the holidays may not be perfect, *All Is Calmish* reminds us that with intention and grace, we can still make them meaningful and memorable, finding our way to wholeness and well-being, and maybe even something that feels a bit like calm.

Calm the Heart: An Islamic Guide to Anxiety, Burnout & Inner Peace Abu Khadijah Damansari, 2025-09-01 *Calm the Heart: An Islamic Guide to Anxiety, Burnout, Inner Peace* By Abu Khadijah Damansari. In a restless world where anxiety, burnout, and silent battles weigh heavily on the soul, Islam offers a timeless path to tranquillity. *Calm the Heart* bridges Prophetic wisdom with evidence-based tools, breathwork, gratitude, and cognitive reframing, guiding readers toward balance in both faith and daily life. With clarity and compassion, Abu Khadijah Damansari draws on the Qur'an, Sunnah, and classical scholarship while integrating modern psychology. The result is a powerful yet practical framework for healing the heart, managing stress, and rediscovering serenity. From the Prophet's Year of Sorrow to the struggles of today's age of hustle, this book reminds us you are not alone. Whether you are a student, parent, professional, or community leader, the guidance within offers tools for every stage of life. Prophetic du'as and dhikr that soothe the anxious soul, breathwork, and structured routines rooted in Qur'anic calm. The balance of tawakkul and taking the means, boundaries, sabr, and compassion in relationships. When and how to seek therapy or medical help with Islamic integrity. Both scholarly and easy to read, *Calm the Heart* speaks to teens, professionals, and elders alike. Ideal for personal reflection, therapy referrals, or mosque book circles.

this work is a much needed companion for those yearning for sakinah and itmi nan true peace of the heart **Switch On To Your Inner Strength** Sandy MacGregor, 2014-06-09 This book reaches out to those who are hungry for information It is about that wonderful robust quality we all have our inner strength Twenty Australians tell stories of enhancing their lives by reaching into themselves Switch on to Your Inner Strength is a practical manual describing how to tap into this vibrant source of personal power and how to use it deliberately THIS BOOK IS ABOUT Sandy s encounter with grief and letting go Self esteem self worth and self image Daily techniques based on verified research The importance of love in your life Acceptance guilt anger and forgiveness An easy and practical approach to meditation How thoughts impact our lives Relaxation for stress release harmony and tranquillity How to handle pain Six guided imageries for personal use The use of imagination to influence health and healing How to tap the mind for creativity Skills to cope with every day life stresses the balance between relationships employment family finance leisure spiritual development Not until we re challenged by adversity do we really experience our inner strength This book is about how to use your inner strength at any time to enhance your peace and power **Calming & Magical Bedtime Stories for Stressed Out Adults 2 Books in 1** Sleeptime Publications, 2024-12-24 Two books Twice the stories Endless calm Escape stress ease anxiety and drift into perfect sleep Struggling to quiet your thoughts after a long day This 2 in 1 collection combines Calming Bedtime Stories for Stressed Out Adults and Magical Bedtime Stories for Stressed Out Adults to help you unwind ease tension and drift effortlessly into deep restorative sleep From the tranquil beauty of The Secret Garden and The Cloud Kingdom to the enchanting whispers of The Willow Wood and Voyage Among the Stars these soothing standalone tales transport you to serene magical worlds where stress melts away and peace takes its place Inside you ll find Stress Relieving Stories to calm your mind and melt away tension Sleep Ready Narratives that gently guide you into relaxation Magical Worlds filled with peace wonder and imagination Flexible Listening with short self contained tales for any evening Let go of stress quiet your thoughts and escape into restful sleep with Calming Magical Bedtime Stories for Stressed Out Adults Get your copy today and make bedtime your favorite part of the day *Calm is a Superpower* Preeti, Calm is a Superpower teaches how inner stillness leads to better decisions stronger presence and deeper relationships Learn nervous system regulation breathwork techniques and mindset shifts to stay centered during chaos Perfect for leaders parents and anyone craving grounded power

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