



# The Gift Of Calm

**Preeti**



## **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 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

**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 Radmcher Shiloh Sophia McCloud Sister Marianne Heib May Ann Brussat and many more

**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

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