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by the bestselling author of
Instant Calm

PAUL WILSON

The Little Of Calm At Work Paperback

Richard Martyn

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The Little Book of Calm at Work Paul Wilson, 1998 What if your weekdays could be as relaxed and easy going as your weekends This fabulous little book from the author of The Little Book of Calm and Calm at Work provides page after page of inspirational tips to take the sting out of your average working week bringing some of that weekend magic into even the The Little Book of Calm at Work Paul Anthony Wilson, 1998 Perfect Balance Paul Wilson, 2007-05-17 Won t life be perfect when you feel you have all the time in the world for work family and friends your own needs and development you re motivated and inspired to perform your best you make sound decisions and quickly recover from setbacks your world is simple and uncluttered your life has meaning and purpose you discover real peace and contentment All this is possible In Perfect Balance Paul Wilson reveals the strategies and techniques for finding balance among all the parts of your busy life You can do this without working harder or longer By taking Wilson's approach The Calm Way you ll bring all your resources into play at once to achieve perfect balance in your life The Calm Way works on the principle that the best way to accomplish your goals is by adopting a more relaxed and balanced attitude Included in this edition is Wilson s patented Life Priorities Calculator a group of enjoyable exercises to help determine what is essential as you make your way through life Perform them once a year or as often as you feel necessary and you ll discover a new clarity about yourself and The Little Pocket Book of Mindfulness your life and the most profitable method to structure your ambitions and goals Anna Black, 2015-02-12 By adopting the ancient Buddhist practice of mindfulness meditation we can learn to pay attention to our daily experience and become more contented and fulfilled by daily activities Many of us find it difficult to simply appreciate the present moment We either dwell on the past or worry about the future moving mindlessly from one activity to the next When we are not being mindful we miss out on small moments that are often incredibly valuable be it a beautiful park that we walk through on our journey to work or the taste and texture of a delicious meal In mindfulness meditation we pay attention to our ongoing experience whether it is pleasant such as appreciating a beautiful sunny day unpleasant a disagreement with a loved one or neutral doing household chores This Little Pocket Book is the perfect introduction to mindfulness and is packed with easy to follow tips and suggestions that will allow you to incorporate simple mindful moments The Little Book of Sleep Nerina Ramlakhan, 2025-02-13 What does it mean to get a good night's sleep into your daily life It s not just about quantity It s about getting the right type and quality of sleep To sleep deeply we need to live deeply This means that we need to reconnect with ourselves and our inner stillness It s not surprising that in the Western world practices such as yoga and mindfulness have become popular as more people seek inner peace and grounding to counterbalance the frenetic pace of life The kind of sleep where we wake up feeling refreshed filled with vitality and looking forward to the day ahead will not only heal us but also heal those around us Sleep expert Dr Nerina Ramlakhan explains why a good night s sleep is essential in today s demanding 24 7 technology driven world introduces us to the science of sleep and teaches us that

the secret of good sleep is to get out of our heads and back into our bodies Featuring beautiful illustrations and simple exercises this is the perfect little book to help you Wake up with energy and vitality Fully engage in your relationships with courage and open heartedness Strengthen your immune system Feel creative and focused Live life with meaning passion and The Little Book of Calm Paul Wilson, 1999-05 World renowned relaxation expert Paul Wilson offers more inspiration than 150 simple common sense tips that will help even the most overwhelmed among us take a minute to unwind Readers will learn to handle life s stresses big and small with a clear calm head By the author of Instant Calm **Slow Living** Alliance Victoire, 2025-05-01 Modern life moves at a relentless speed In addition to coping with the many demands of modern life such as managing a demanding job or career the pressure of staying connected online on all available social media platforms and hustling your way to success it can be hard to stay afloat Slow living offers a different path one rooted in intention mindfulness and deep meaningful experiences and satisfaction In this book writer and YouTuber Alliance Victoire simplifies and presents the mindset of slow living a handful of slow living practices as well as personal slow living principles that have helped her practice and sustain a low tech low consumption slow living lifestyle for over a decade from adopting a health first minimalist lifestyle in 2015 to guitting social media in 2021 and changing career paths in 2023 to live a simple guiet life Feeling overwhelmed by digital distractions Learn multiple ways to integrate slow living practices into your everyday life and master the art of slow living Reclaim your time reduce stress and reconnect with what truly matters to you Discover digital minimalism slow productivity slow fashion and a handful of slow living principles that can help you reset your relationship with technology productivity and consumerism The Little Book of Shadow Work Richard Martyn, 2024-09-05 Transform your life through shadow work Shadow work involves delving into your subconscious to meet and heal your shadow self the darker side of your personality This often includes aspects of your self that you have repressed out of fear and shame because they do not conform to the environment around you However the memories we repress do not simply go away Our emotional reactions and behaviour in the present day are often influenced by past experiences For example if you are often quick to become frustrated angry or defensive then this may be a sign that you need to address your shadow side With clear explanations simple exercises and journal prompts this pocket sized guide is the perfect book to help you address accept and overcome your shadow You will find that shadow work helps you Become more self aware and better understand your emotions insecurities and triggers Gain self confidence and self acceptance Form healthier and more communicative relationships with others Approach yourself and others with more compassion Remove creative blocks

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