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# CALM: CALM THE MIND. CHANGE THE WORLD



Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Calm: Calm the Mind. Change the World, Michael Acton Smith, Join the Calm revolution. Modern life is hectic and relentless: trains delayed, endless emails filling the inbox, kids squabbling before bedtime. There has never been a more important time to rediscover your pause button. Calm is the book that will show you how to take back a little bit of peace, space and all-important calm. This book contains the simple tools, tricks...

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- Authored by Michael Acton Smith
- Released at -



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