



# Little Book of Calm

*Paul Wilson*

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# Little Book of Calm

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## **Little Book of Calm** Paul Wilson

The two million copy bestselling self help book "The Little Book of Calm" by the author of "Instant Calm" Paul Wilson reveals the secrets for finding calm and serenity in your everyday life. Feeling stressed? Need some help to regain balance in your life? "The Little Book of Calm" is full of wise advice to follow and thoughts to inspire. Pop it in your bag or pocket and dip in to it whenever you feel anxious. Open it at any page and you'll find a path to inner peace. "The Guru of calm". ("Times"). "His mixture of traditional meditation, alternative therapy, positive thinking and commonsense has not only enable him to maintain an impressive degree of calm but has persuaded millions to buy into his philosophy". ("Financial Times"). Paul Wilson is a meditation teacher, columnist and author of 19 self-help books, including "The Calm Technique", "Instant Calm", "The Little Book of Calm", "Calm at Work", "The Little Book of Calm at Work", "Calm for Life", "The Complete Book of Calm", "Perfect Balance", "The Quiet" and "A Piece of the Quiet".

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