



Some of the most influential people in history have made themselves heard despite their quiet voices and personalities, such as Gandhi, Nelson Mandela, and Bill Gates. The Little Book of Quiet takes a broad look at the need for, and the benefits of, achieving more quiet in your life. It will teach introverts how to harness their many positive qualities, and help extroverts to allow more quiet into their lives. Now that everyone is connected digitally 24/7, more emphasis is being placed on achieving higher emotional intelligence (EQ) to empathize and negotiate with others. The ability to be quiet is not only a key people skill, and a basic requirement of being a good listener, but it is also known to reduce stress, and help you find inner calm as it brings your focus back to the present world around you. The Little Book of Quiet explores the different ways of achieving more quiet in our lives, through tips, exercises, inspirational quotes and through the teachings of mindfulness.

Life's journey isn't always a stroll in the sunshine, but there are ways of weathering the storms. This pocket-sized book of heartening quotations and simple but effective tips will help you to summon your inner reserves and bounce back from adversity stronger than ever. A wonderful collection of inspirational thoughts on life, death and rebirth, giving the reader an intimate personal portrait of His Holiness the Dalai Lama in his own words. This ebook shows us how to embrace love and compassion in our everyday lives.

From the bestselling author of The Little Book of Mindfulness. Meditation is an easy way to bring more peace and tranquillity into your life. Packed with practical advice, useful meditations and affirming thoughts, this little book teaches you how to be happier, healthier and more relaxed - without sitting for hours on a meditation cushion. Dr Patrizia Collard, bestselling author of The Little Book of Mindfulness, shows you another way, with these fun and efficient exercises: just 5 to 10 minutes a day is enough to strengthen your immune system, relieve stress and clear your head. Whether you like mindfulness or movement meditations, or simple mantras, everyone will find a meditation to suit them.

Little Book of Inner Peace Simple practices for less angst, more calm Gaia "An inspiring study in inner self care, told through 14 personal stories from award-winning actress Tina Lifford"--

20 100,000 — Deutschlandradio Kultur? Die Spiegel? Die Zeit? F.A.Z? DPA? Northwest Zeitung?

As the spiritual leader of Tibet, His Holiness the Dalai Lama has captured the attention and admiration of the world through his wisdom. This jewel of a book offers some of his most helpful insights on daily living, inner peace, compassion and justice - for all of us in these troubled times. The Little Book of Inner Peace : journal This NOTEBOOK BOOK will be fun & encouraging. Makes a wonderful gift for everyone who could use a motivational, inspirational boost. Perfect for taking notes, jotting lists, doodling, brainstorming, prayer and meditation journaling, writing in as a diary, or giving as a gift on Mother's Day, Father's day , Easter, a birthday, Christmas, or anyday It's a great size to throw in your purse or bag! Features: Perfectly sized at : 6"X9" High-quality paper allows for perfect absorbency with pens, gel pens or even markers! 130 Pages Matte Cover for silky finish that will feel amazing in your hands! Perfect for writing down your daily positive thoughts.

English and simplified Chinese edition of Stuart Little - the EB White classic. In Simplified Chinese. Distributed by Tsai Fong Books, Inc.

This gem, the sequel to The Dalai Lama's Little Book of Inner Peace, contains the essence of the Dalai Lama's teachings on life and death. Think of this as the essential guide to both living and dying well from one of the most important spiritual teachers of the 20th and 21st centuries. Among the topics covered are: • Contentment, Joy and Living Well • Facing Death and Dying • Dealing with Anger and Emotion • Compassion--the Basis for Human Happiness • Giving and Receiving This charming packaged is designed for the busy person who is always on the go: a small format, flapped paperback that will easily fit in a purse, backpack, or briefcase.

Why are Scandinavians the world's happiest people? How do you get more Scandi-style in your life? What is lagom and how do you use it? Whether you want your apartment to look like it belongs in Copenhagen, to workout like a Norwegian or to make



