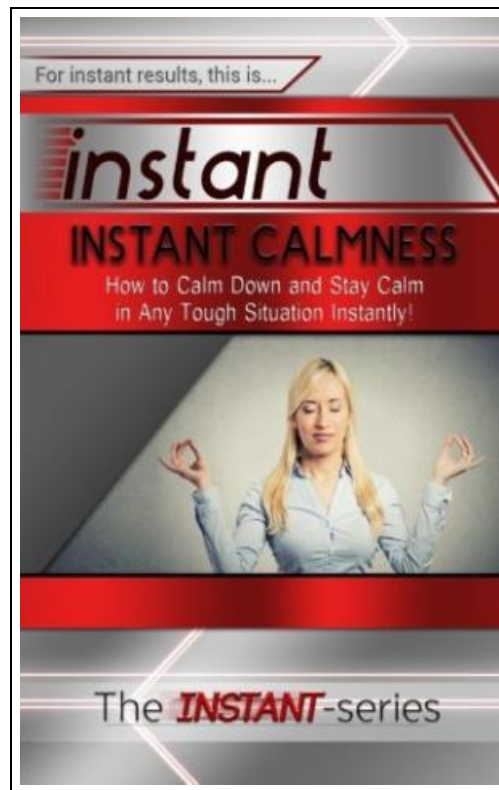


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.The Instant-Series Presents Instant Calmness How to Calm Down and Stay Calm in Any Tough Situation Instantly! Pressure, stress, tension, uneasiness, worries, etc. - you name it. Ugh, can you just feel the burdens of work piling up, the responsibilities at home mounting up, and all the other countless things you have to do? Welcome to your 21st century modern lifestyle - where everything is moving at faster pace with all the noises, distractions, and disruptions causing you to lose focus, get overwhelmed, and break down, wanting to scream at the top of your lungs for it to end. Not only does this deters your concentration.it robs you of your energy, drains your mind, and exhausts your body. Thus, chaos reigns supreme in your life, and all you want is a peace of mind. What you really need, is a sense of calmness. You see, there are moments in all our lives when we just want to physically escape from everything but can t afford such leisure - due to reasons not limited to, being in the middle of an important task to complete on a tight time crunch left. In the midst of all these turmoil, you just need to calm down and stay calm no matter what in order to redirect attention, regain clarity, and recenter your equilibrium to get through them at that moment when it really counts. Within Instant Calmness How to use environmental sensory perception to alter your current environment into your Fortress of Solitude for inner peace and tranquility. How to mentally teleport yourself via anchored physical movements whenever you need to isolate the surrounding disturbances that prevent you from being calm....



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