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[Calm: Calm the Mind, Change the World: Amazon.co.uk ...](#)

About the Author: Michael Acton Smith, OBE, is the co-founder of the hugely successful Calm app. In 2014 he was appointed an OBE for services to the creative industries. [Calm - The Calm Book](#)

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 and habits that will change the rest of your life. It is a practical and pleasurable guide to twenty-first century mindfulness.

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[Calm - Music](#)

DOWNLOAD THE CALM APP. Features: Meditate; Sleep Stories; Music; Calm Masterclass; Calm Body; Offers; Free Trial

[8 Ways Kids Can Calm Down Anywhere PLUS a Printable Mini Book](#)

In my post about tips for helping an angry child calm down, I added an infographic at the end with some ways kids can calm down anywhere, those tools were so popular I wanted to write a bit more about them, and offer you the opportunity to print them in a mini social story book for kids.

[Calm - penguin.co.uk](#)

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 and habits that will change the rest your life. It is a practical and pleasurable guide to twenty-first century mindfulness.

[Calm: Calm the Mind, Change the World - Goodreads](#) 'Calm' was a book I saw in the shops and instantly knew I had to purchase. The book is a series of suggestions as to how you achieve calm within your everyday life, looking at different aspects such as sleep, relationships and creativity.

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[CALM Homepage - Campaign Against Living Miserably | CALM ...](#)

The Campaign Against Living Miserably (CALM) is leading a movement against male suicide, the single biggest killer of men under 45 in the UK. Join the campaign to take a stand against male suicide and get the tools you need for action.

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Calm is Fearnie's mission to find the simple things that can inch us away from stress and over to the good stuff.

Including expert advice, conversations with wise friends from all walks of life, easy ideas to try, activities to complete and the little things that have made a difference to her own, sometimes-bumpy life this book is a friendly reminder that Calm is a place that exists.

[Calm: Calm the Mind. Change the World Paperback - Amazon](#)

Absolutely love my Calm book. Perfect book to make a cup of tea, sit and pick any page and absorb the goodness! I often take it in my purse if I know I'll be waiting or have bit of time. Everything about it just makes me feel calm.