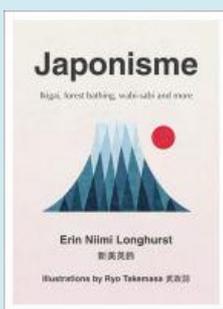




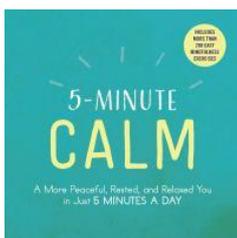
Lagom : the Swedish secret of living well / by Lola A. Åkerström

Lagom sums up the Swedish psyche and is the reason why Sweden is one of the happiest countries in the world. It celebrates fairness, moderation and being satisfied with and taking proper care of what you've got, including your well-being, relationships, and possessions. This authentic book will help you make small, simple changes to your every day life - whether that's your diet, lifestyle, money, work or your home - so you can have a more balanced way of living filled with contentment.



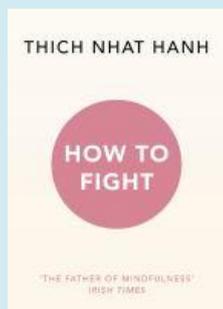
Japonisme : ikigai, forest bathing, wabi-sabi and more / Erin Niimi Longhurst

Japonisme explores the Japanese art of finding contentment and includes practical tips and tricks to live a happier, healthier, more thoughtful life. What is your ikigai (purpose)? How do you practice mindfulness in the unpredictability and chaos of everyday life?



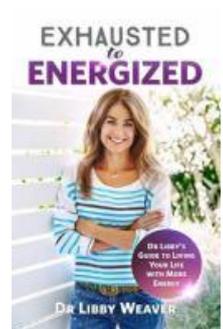
5-minute calm : a more peaceful, rested, and relaxed you in just 5 minutes a day

This quick, portable guide features more than 200 practical, effective ways to calm the mind, reduce stress, and erase tension in your body in less than five minutes.



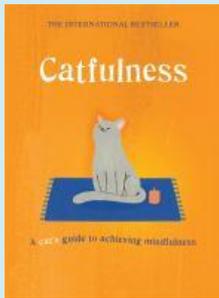
How to fight / Thich Nhat Hanh

Many of us don't know how to handle strong emotions and our distorted perceptions can make us feel angry or filled with despair. To see clearly, we must calm down look deeply at the root of our anger. Thich Nhat Hanh shows us how, when insight is born, we will be free.



Exhausted to energized : Dr. Libby's guide to living your life with more energy / Dr Libby Weaver

Empowered with the information in this book, learn simple but powerful strategies to help liberate yourself from exhaustion and live a life with more energy.



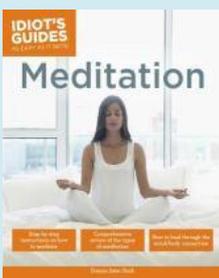
Catfulness / Paolo Valentino

We cats know the art of living. We eat when we're hungry, sleep when we're tired. Sitting for hours outside a mouse hole has taught us patience. Catfulness is a seven-week mindfulness programme for human beings. If they can live their lives more like us, the world will be more serene. As Sigmund Freud said, 'time spent with cats is never wasted.'



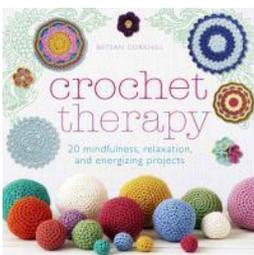
The mindful home : the secrets to making your home a place of harmony, beauty, wisdom and true happiness / Dr Craig and Deirdre Hassed.

The Mindful Home will enable us to shape the living space we really want, creating an environment that both nurtures and invigorates us, while meeting our needs.



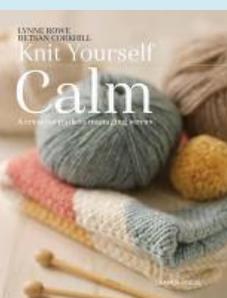
Meditation / by Domyo Sater Burk

Meditation enables you to relax, rejuvenate, and reconnect your mind, body, and soul. Covering a variety of types of meditations, each with practices and exercises to deepen your practice, this helpful guide leads you on the path to improved health and well-being.



Crochet therapy : 20 mindful, relaxing and energising projects / Betsan Corkhill

Crochet Therapy is a unique and accessible craft book designed to combine the art of crochet with practical mindfulness techniques to bring moments of calm to your everyday life.



Knit yourself calm : a creative path to managing stress / Lynne Rowe, Betsan Corkhill

Knitting is a relaxing and therapeutic pastime, and this winning combination focuses on mindfulness and the perfect stress-busting knitting projects. Whether you choose a portable project to knit on the go, a group project to do with friends, or one that introduces new skills to stimulate a creative mind, this book is the perfect path to keeping calm.

More books related to theme:

Healthy habits : 52 ways to better health / Cris Beer

I want to be calm / Harriet Griffey

Clearing emotional clutter / Donald Altman

Breathe / Dr. Belisa Vranic

What am I supposed to eat? / Dr Libby Weaver

The happiness plan / Dr Elise Bialylew

Julia & Libby's wholefood kitchen

The energy guide – finding the energy you need to flourish / Dr Libby Weaver

Kindfulness : be a true friend to yourself with mindful self-compassion / Padraig O'Morain

Meditation is not what you think : mindfulness and why it is so important / Jon Kabat-Zinn

Be more Yoda / written by Christian Blauvelt

The emotionally sensitive person / Karyn D Hall