



noise around me. It is a magic alchemy that might last a second or a whole day, where I feel relaxed yet aware; still yet dynamic; open yet protected . . . . . In today's always-on world, for many of us it seems impossible to relax, take time out or mute the encircling 'noise'. It is easy to feel trapped in this frenzied state of mind: we are so

press, weighed down by pressures from work, family life or school and subject to constant scrutiny under the all-seeing eye of social media. As a result, mental health illnesses are on the rise in every age group, and more of us than ever before yearn for silence, peace and calm. CALM is Fearné's mission to find the simple things that can help us get 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 in us all, we just have to find our way back to it.

Tips and Exercises to Help You Find Joy In Every Day  
Engineer Your Path to Joy  
30 Days to Happiness  
365 Ways to Live Happy  
Find Your Happy  
Working through life's daily stresses to find a peaceful centre  
Practices to Help You Tap Into Joy Every Day  
Finding Joy and Meaning in the Digital Age with Mindfulness, Breathwork, and Yoga