



# Calm

*Michael Acton Smith*

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## **Calm** Michael Acton Smith

Based on the popular iPhone app, a visually exciting, practical, and playful interactive guide to twenty-first century meditation that provides simple tools, tricks, and habits to find tranquility and focus, improve creativity and productivity, achieve better mental and physical health, and ultimately transform your life.

Achieving mindfulness doesn't require a huge lifestyle shift or special training. It's about mastering simple habits that work with the demands of your busy life. It uses the abilities you're born with: creativity, spontaneity, and awareness of the world around you. There are no rules to follow or break. Everyone can achieve calm—including you.

In *Calm*, Michael Acton Smith combines fascinating neurological research, ancient wisdom, and real-life experiences to demystify meditation and show you the many simple ways to be mindful everyday. Crafted to resemble a journal, filled with beautiful and inspiring artwork, and divided into eight life-balancing sections—Nature, Work, Creativity, Children, Travel, Relationships, Food, and Sleep—*Calm* can help you change your perspective and rediscover the pleasures of the world. Each section blends fascinating research, creative prompts, activities, instructions, and insights that will stimulate your senses and inspire you.

*Calm* can be used multiple times a day or whenever you need it to find a little peace. Take a walk without a fixed destination, savor a piece of chocolate on the tip of your tongue, plant a seed, doodle aimlessly, turn off your mobile phone for five short minutes. Smile, breathe, and go slowly. Calm your mind—and change your world.

## **Calm Details**

Date : Published January 26th 2016 by Harper Design (first published April 28th 2015)

ISBN :

Author : Michael Acton Smith

Format : Kindle Edition 224 pages

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## From Reader Review Calm for online ebook

### **Kara Sabbagh says**

I'm obsessed with this book. Something about the texture of the cover and slight curve of the corners of the pages is amazing to begin with, and then everything inside is gorgeous as well. The art and layout of every page is amazing, and every one is filled with something interesting or useful to read. The presentation kind of makes me sad all books can't be laid out so thoughtfully and accompanied with visuals. Actually made me not want to write within the book itself.

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### **VC Gan says**

If you found nothing excites you anymore, this book is definitely for you as it's filled with enlightenment with pictures on how to restore your soul and not get too stressed about modern arduous life. As I go back to the regular busy, cluttered cadence of my life I try to integrate some of the things I did when I took time away and so far it's been really helpful and rejuvenating.

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### **Grace Knowles says**

Not a long read at all, but something to refer to time and time again or gift to loved ones. Contains some wonderful meditative exercises and journal ideas to help the mind reach a calm state. Although mindfulness may be having a moment, the book is something that will stay with your forever and shows how everyone can incorporate alternative thinking into their daily activities. Definitely recommend!

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### **Aimee Hyndman says**

Calm is such a calming book. It is also a great coffee table book; with its gorgeous illustrations! This is a book that, though I say I've finished it, I know I'll be dipping in and out of for a very long time. There's so much to help live a calmer life. And I feel this sort of book is best read in a linear format to start, and then dipped in and out of over time, perhaps each day? A one of a kind book. Fantastic.

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### **❁ Susan G says**

<https://ayearofbooksblog.com/2017/10/...>

Life is so hectic. Days are filled with work, carpool, errands leaving little time to relax and enjoy an evening with family. It seems that we are constantly running and need to take time to be mindful, reflect and be still. Calm is a book filled with beautiful pictures, quotations and helpful suggestions to take time out.

The book reinforces the importance of acknowledging what you are grateful for and suggests journalling the 3 highlights of your day. We have a habit of talking about our 3 best things at dinner. The kids might make a joke about it but it gives us time to connect and talk about our day as we share a meal.

The first section encourages taking time to appreciate nature by enjoying activities like walking the dog or cloud gazing. This is followed by a section on sleep which can seem elusive when your brain refuses to turn off. There is nothing worse than ruminating over the day's events as you count down the hours left until the alarm goes off. Sleep helps the body to repair and rebuild and the book offers suggestions including black out curtains, calm colours, before bed stretching and a setting a cool temperature (perhaps my dad has it right by leaving his window open a crack all winter long)!

The travel section encourages taking a walk, finding a new route home and tips if you are anxious about flight. It is followed by a section on relationships suggesting that we turn our phones off and focus on those we care about. Many of us may experience stress at work. While it may be convenient to work through breaks and eat lunch at our desks, taking regular breaks improves creativity and innovation.

A couple other helpful suggestions include:

Take a digital detox.

Change your password to reflect and remind you of your intention (i.e. Re!aXt0day).

Try something new (i.e. calligraphy, colouring).

Rediscover the appeal of cooking from scratch.

Enjoy a cup of tea.

This is an easy read with some great tips for relaxing. The pictures are calming and there are sections that readers can fill in with their own information. Although I enjoyed the tips, I did feel like the book was a bit of an advertisement for their meditation app (which comes with a monthly fee).

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### **Jacqueline Currie says**

awesome read !!

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### **Sakura Mizuki says**

Amazing illustrated!, with beautiful pictures of the nature that helps to make you calm. It also has really good facts and tricks to make you feel better and relaxed.

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### **Ravishankar Radhakrishnan says**

This book is a quick recap guide or reference manual for mindful mediation. The books is very elegantly designed with awesome graphics and the small things we need to pay attention which is getting missed in the day to day monotonous life. Overall, I am very pleased with this book and it is definitely one to have on your mindful meditation shelf.

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### **Hannah Read says**

Recently I've had a real thirst for books that will provide me with knowledge - especially knowledge to help my own personal and spiritual growth. '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. It's written in an easy-to-read layout where you can simply pick it up and flick to a random page. You don't have to read it in a linear fashion, as it's designed to be more like a handbook, but I couldn't stop myself.

I was particularly impressed with the design of the book - it utilises brilliant photography with simple fonts and calming content. I was drawn to each page as there was no specific format - each page was a work of art in itself. Even the book feels nice - the cover is soft and smooth to touch and it comes with a nice attached bookmark (which can later be used as a bracelet!).

The ideas in the book were really great as well - although I do some of them already, such as meditation and yoga, there were lots of great tips and suggestions that I hadn't yet thought of. This book also inspired me to take up flower-pressing after flicking through it in the shop, and it really does have something for everyone. It was also backed up with a lot of research, which obviously helped to validate the content. I feel like this book is the modern-day epiphany that we all need in our lives.

There's also an app that goes alongside the book (again called 'Calm') - I haven't tried it but I'm going to look into it as it contains a lot of guided meditations, amongst other things. If you're feeling particularly stressed out then make yourself a cup of tea and have a read of this book - it might just give you an idea to change your life.

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### **Rebekah Byson says**

This is a beautiful "gift" book, or "coffee table" activity book full of easy to implement activities and mindfulness reminders. Good for teens and children as well. The app associated with the book is gorgeous and useful as well. Don't forget to follow the secret code in the book when you're done to turn it into a work of origami art (which I can't wait to do!)

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### **Kresimir Mudrovic says**

This is more of a workbook than a book. I expected a book with more detailed chapters rather than having too simplified descriptions on a level of internet blog posts. Maybe I expected too much. It is basically a nicely decorated workbook that covers various ways of achieving calmness in life.

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### **Heather Whaling says**

I think this might be the most beautifully designed book I've ever read. And I love how it's written- pick and choose what you want to read instead of being forced to read in order. I'll be able to apply lots of these

exercises and meditations as I work on being more calm.

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### **Lisa says**

Audible. Narrated by Maria Teresa Creasey.

I purchased the book as well, but it's nice to have the Audible too.

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### **Sarah says**

I don't usually like such books, but I picked it up at the airport hoping that it would make me calmer during the flight.

Well .. I don't know if it would have made me calmer then - since I was too freaked out to read anything - but I admit it was quite an enjoyable book.

I enjoyed reading bits and pieces of it before going to bed.

It got quite a lot of nice ideas, the layout is just Gorgeous, ahhh and the cover feels so nice in the hands ~

I won't take it off the "on/off read" shelf cause I'm pretty sure I will revisit it again for some parts and advises ~

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### **Charlène says**

"En conclusion, Calme est un livre que je qualifierais de multidimensionnel (attention, la fille qui laisse son côté universitaire ressortir) : il fait appel à des connaissances plus scientifiques mais accessibles à tous, mais aussi des images et des mises en page de textes très douces, ludiques et qui invitent à l'apaisement. Tout est fait pour que l'on s'immerge dans une bulle hors du temps, histoire de reprendre le cours de nos vies plus sereins. Entre les petits trucs qui nous sont proposés, les activités à compléter directement sur les pages ou encore les réflexions et citations de personnes connues, voir notre quotidien sous un jour nouveau n'est pas difficile, et c'est franchement beau. Je suis totalement adepte de cette petite révolution, qui n'a pas fini de faire effet sur moi et j'espère bien, sur les personnes à qui je le prêterai sans modération !

Ce sera un 19/20 pour moi !"

Chronique entière ici :

<http://leden-des-reves.blogspot.ch/20...>

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