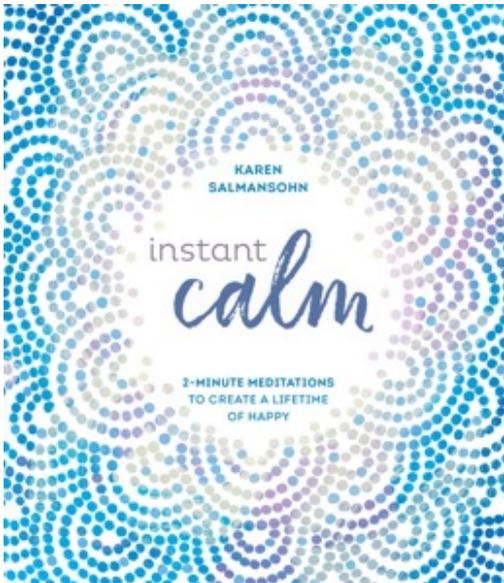


Download Instant Calm Free eBook PDF/ePub/Mobi - Karen Salmansohn



Download or Read Online Instant Calm Karen Salmansohn Free eBook PDF/ePub/Mobi/Mp3/Txt, Lifestyle guru Karen Salmansohn presents a colorful gift book of two-minute meditations and mindfulness tips that help reduce stress and improve focus, clarity, productivity, and sleep. You're just a few minutes away from a more Zen mindset!

Almost 40 percent of Americans admit they worry every day, and the media has pegged today's millennials as "The Anxious Generation." Although interest in meditation and mindfulness is ever growing, many of us don't have the time or patience to develop a serious practice. Health and happiness guru Karen Salmansohn's unique brand of fun mini-meditations use the power of focus and the five senses to achieve the same results as more standard meditation techniques in far less time. Packed with full-page illustrations, fascinating scientific studies, and Salmansohn's patented wit, *Instant Calm* helps you tap into stress-releasing topics like forest bathing (sound), essential oils (smell), earthing (touch), dot meditations (sight), and more—in just two minutes. Soon you'll be swapping your *aarghs* for *ahhhs*!

Advance praise for *Instant Calm*

"*Instant Calm* can help anyone redefine and expand their meditation practice. She shares a range of unique sensory meditations—which tap into all five senses—and offer a quick, fun approach to reset your mind and refocus your energy. I personally have begun to use these mini meditations whenever I just want to feel a mental boost throughout my day. I love the illustrations and Karen's fun and lighthearted voice! I highly recommend this book as a helpful guide to decompress from life's challenges."—**Kristine Carlson, *New York Times* bestselling author of *Don't Sweat the Small Stuff For Women***

"If you're feeling stressed and looking for ways to relax and feel focused (and pretty much everybody in today's world is!) well . . . then . . . this book is a game-changer for you. It makes doing meditation feel so easy and fun. It's great for beginners to meditation—and also helpful for advanced meditators—because there's something for everyone. What I especially love about this book is the wide range of sensory meditations Karen offers. Open up the book anywhere—and you will find a useful fun two-minute tool you can use to relax and feel grounded again. Plus the illustrations are gorgeous."—**Christina Rasmussen, bestselling author of *Second Firsts: Live, Laugh and Love Again***

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