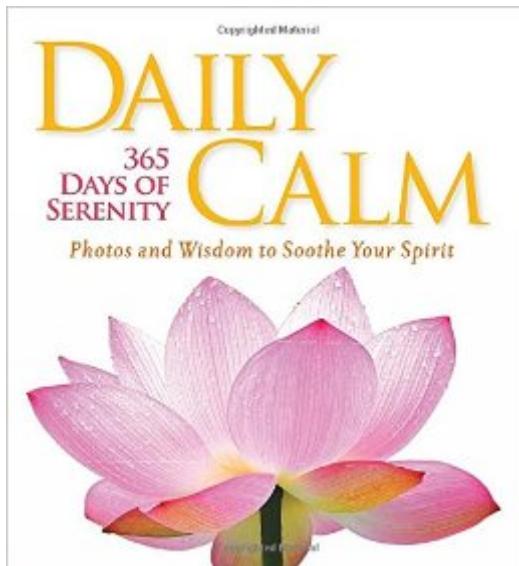


The book was found

Daily Calm: 365 Days Of Serenity



Synopsis

National Geographic's new inspirational book combines meaningful, calming quotations and affirmations with powerful photography--the perfect source for relaxation and meditation. Each page of this elegant guide soothes as it inspires with quotations and images centered on monthly themes: a graceful pathway to a more mindful, beautiful life.

Book Information

Hardcover: 464 pages

Publisher: National Geographic (October 29, 2013)

Language: English

ISBN-10: 1426211694

ISBN-13: 978-1426211690

Product Dimensions: 6.8 x 1.4 x 6.3 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ See all reviewsÂ (33 customer reviews)

Best Sellers Rank: #100,134 in Books (See Top 100 in Books) #57 inÂ Books > Arts & Photography > Photography & Video > Nature & Wildlife > Landscapes #448 inÂ Books > Arts & Photography > Photography & Video > Equipment, Techniques & Reference #767 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

Customer Reviews

I came upon this by sheer accident and it is now my go-to gift for friends and family who are going through a rough time. Have yet to have someone not love it or use it. The photographs are stunning. The daily phrases inspiring. It is timeless and reusable because it is not organized by any particular year, only by month and day. It has a ribbon bookmark so you keep your place. It is a nice way to end your evening with a positive thought and a pretty picture. My only "complaint" is that I wish it wasn't so pink on the binding, to me that makes it a little less appealing as a gift for a man. 's price is also good on this book.

Beautiful pictures, accompanied by beautiful words and thoughts, give me something to meditate on each day of the year. Each month has its own theme, and all of the quotations for that month support it. The pictures are stunning.

This is my daily serenity and salvation! I have purchased this for my friends to pass along such

peaceful thoughts to begin each day. Amazing photography that coordinates beautifully with each passage!

I LOVE, LOVE, LOVE this book. One-line inspirations with beautiful photography. Check out the table of contents to see the topic of each month. I read this daily. This is pure human wisdom, and though I am a Christian believer, I love meditating on the sheer brilliant insight and wisdom of people through the ages.

Nothing short of spectacular, here find photos of National Geographic capturing beauty, depth and light that's like travelling to distant lands with your mind. And each mated perfectly with quotes that calm, lift and carry the spirit to new heights. Read before bedtime and find yourself drifting into dreams with utmost peace. Gift to others, to yourself...a tabletop book of enlightenment to treasure. Always...Diana Enchant

This is a very inspirational (not religious) book that gives a daily quote that can bring peace or inspiration depending on the day. I love it!

This book has some really beautiful pictures and inspiring words. A great way to spend quiet time with yourself and connect with the part of all of us that is Divine.

Love this book and bought those copies for friends who also live under gray dark skies in winter.

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