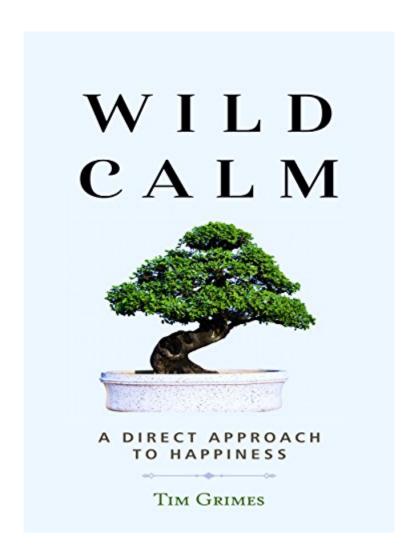
## The book was found

# Wild Calm: A Direct Approach To Happiness





## Synopsis

Are you stressed out and sick of searching for answers? What if it's much easier to be happy than you thought? There's a better way to find happiness than the boring stress reduction techniques and spiritual mumbo-jumbo we're all used to. The unique recommendations in this guide are unorthodox. They also immediately work - because they're fun and make practical sense. You can totally change how you deal with anxiety by applying this simple advice. Get your copy and let's get started.

### **Book Information**

File Size: 664 KB

Print Length: 36 pages

Publication Date: April 8, 2016

Sold by: A Digital Services LLC

Language: English

ASIN: B01E1RVHCW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #67,285 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #20 in Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism > Zen #38 in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Religion & Spirituality #62 in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Self-Help

#### Customer Reviews

Tim has discovered a hidden 'way' to happiness that has been there for ages. It's so paradoxical that almost everyone misses it. Becoming like a little child is the key. Read this book.

This is a scam, literally. No more than 2 or 3 sentences worth of information, no kidding. I wish I had noticed that there were only 13 reviews here; they have got to be people who know the author. The book says: spend more time being silly (move your body in silly ways and make silly noises) in order to move away from the overly serious thoughts that make you feel bad. That's actually a good suggestion, but I'm really not exaggerating when I say that's all that's in here, rephrased many times over and folded into a variety of banalities that don't offer anything more useful, in order to fill up a

very (very) slim self-published volume with small pages and large print. Is it worth packing up to get the five bucks back? Maybe not if it was an honest attempt, but simply out of protest, yes.

I read this book with an open mind, not sure if I would learn anything new. The concept of getting out of your own way to decrease stress is not new, as the author says, but playing to de-stress is original in this format. I don't want to give too much away and this is a really short book, so take a look for yourself. You just might reclaim part of your childhood and/or sanity!

I tried the suggestions and found myself laughing and smiling. My seriousness vanished and the dog joined in. I felt years younger. Easy and fun.

Brief book with only one concept addressed but multiple ads for other things by the author. While the technique discussed is valid I felt this was more of an advertisement for other things by the author, however this work was not intriguing enough to make me want more from him, so fell flat there.

Crimes has written a tremendous book about dealing with the everyday stress of living. His recommendations of sheer lunacy and fun movements and sounds to reorient you to your core spirit is powerful.

While reading this book, I found myself chuckling and eventually laughing out loud as I thought about my childhood. When upset over something, I would make faces in a mirror until having so much fun, I forgot that I had been upset. I'm sure that revisiting my childhood in this manner, will certainly help me to overcome the doldrums.

Worth the read. Grimes has a wonderful idea about how to keep life simple and in the moment. Worth the read.

#### Download to continue reading...

Wild Calm: A Direct Approach to Happiness Diagnostico por la imagen del encefalo / Direct Diagnosis in Radiology: Brain Imaging (Directo Al Diagnostico En Radiologia / Direct Diagnosis in Radiology) (Spanish Edition) Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change The Soul of Discipline: The Simplicity Parenting Approach to Warm, Firm, and Calm Guidance- From Toddlers to Teens Wild Diet:

WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Wild, Wild East: Recipes and Stories from Vietnam Wild Diet Smoothie Recipes: 20 Delicious and Official Wild Diet Approved Smoothie Recipes Mountain States Foraging: 115 Wild and Flavorful Edibles from Alpine Sorrel to Wild Hops (Regional Foraging Series) California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger (Regional Foraging Series) Native Indian Cookbook: Wild Game, Fish, and Wild Edibles Foraging: A Guide to Discovering Delicious Edible Wild Plants and Fungi (Foraging, Wild Edible Plants, Edible Fungi, Herbs, Book 1) Wild Cards: Edible Wild Foods (All Ages) Adult Swear Word Coloring Book: Fuck You & Other Irreverent Notes To Annoying People: 40 Sweary Rude Curse Word Coloring Pages To Calm You The F\*ck Down (Adult Swear Word Coloring Books) (Volume 1) Serenity Now!: Creative Designs for the Cool, Calm and Collected (Adult Coloring Books) Swear Word Coloring Book Adults Retro & Pop Art Edition: A Very Sweary Coloring Book: 44 Stress Relieving Curse Word Pictures To Calm You The F\*\*k Down (Swear Word Coloring Books) (Volume 4) Coloring Journal (black): Therapeutic journal for writing, journaling, and note-taking with coloring designs for inner peace, calm, and focus (100 ... and stress-relief while writing.) (Volume 11) The Calm Colouring Book: Creative Art Therapy For Adults (Colouring Books For Grownups) (Volume 2) The Calm Coloring Book: Creative Art Therapy For Adults (Coloring Books for Grownups) (Volume 2) Overcoming ADHD: Helping Your Child Become Calm, Engaged, and Focused--Without a Pill Skin Cleanse: The Simple, All-Natural Program for Clear, Calm, Happy Skin

<u>Dmca</u>