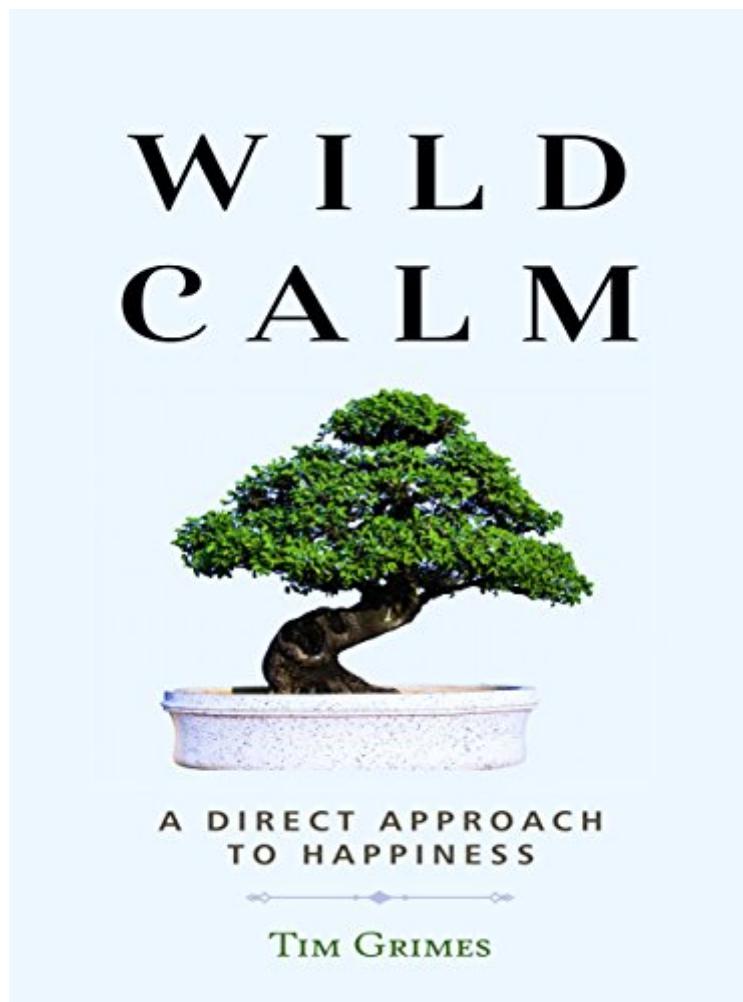


The book was found

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: 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.

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