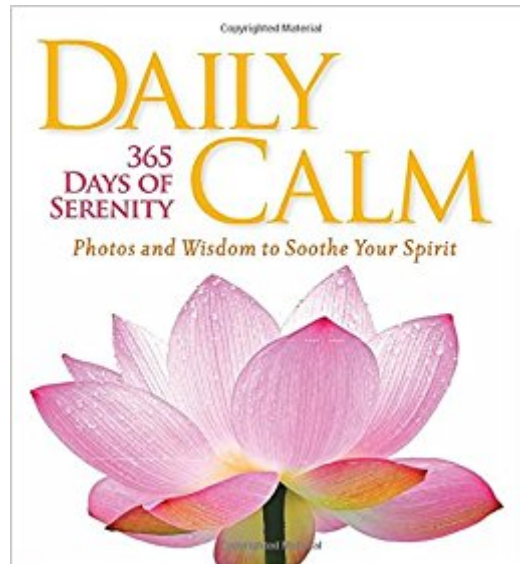




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Daily Calm: 365 Days Of Serenity



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

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Product Dimensions: 6.8 x 1.4 x 6.3 inches

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Average Customer Review: 4.7 out of 5 stars 39 customer reviews

Best Sellers Rank: #278,109 in Books (See Top 100 in Books) #139 in [Books > Arts & Photography > Photography & Video > Nature & Wildlife > Landscapes](#) #1175 in [Books > Arts & Photography > Photography & Video > Equipment, Techniques & Reference](#) #1805 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#)

Customer Reviews

NATIONAL GEOGRAPHIC is one of the world's leading nonfiction publishers, proudly supporting the work of scientists, explorers, photographers, and authors, as well as publishing a diverse list of books that celebrate the world and all that is in it. National Geographic Books creates and distributes print and digital works that inspire, entertain, teach, and give readers access to a world of discovery and possibility on a wide range of nonfiction subjects from animals to travel, cartography to history, fun facts to moving stories. A portion of all National Geographic proceeds is used to fund exploration, conservation, and education through ongoing contributions to the work of the National Geographic Society.

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.

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 reuseable 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.

Each year, I trade out my Nat'l Geo books. One year, it's Daily Calm. The next year, it's Daily Gratitude. Nice ways to reflect.

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

The book came in the mail with the book cover almost completely torn apart. The photos in the book are very nice; however, the quotes aren't necessarily calming. Sometimes when I read the day's quote, the passage almost seems silly. But not in a funny way. I read it to my 5 year old daughter because it's more on her level.

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.

Wonderful little gems of wisdom!

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