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It is something that is earned every day. It requires commitment to keep it working. It involves a daily process of overcoming the distance and honoring the separateness between us.

## **7 Strategies to Face Life's Challenges | Psychology Today**

Start your review of Calm: Working through life's daily stresses to find a peaceful centre. Write a review. Feb 14, 2018 Laura rated it liked it. Very similar to 'Happy' and repetitive in itself. The book had some interesting thoughts and advice, although I was distracted by the many typos. Worth dipping into for moments of calm.

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One technique to develop forgiveness so we can stay calm at work is meditation. The problems of life will not end. However, through meditation we can focus our attention on the peace within so we can rise above life's difficulties. Through meditation we are in touch with a place of calm within us that gives us the strength to forgive others, overcome anger, and stay calm at work.

## **Remaining calm at work - Daily Excelsior**

For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ." 2 Corinthians 1:4-5 - Thank you Lord that through every weakness and hard place, your strength is displayed in our lives. We can't do it on our own. But you can, through us. Your power is Mighty within us, you are our Helper and our Strength.

## **9 Prayers for When You're Going Through the Storm**

"Calm is a group of incredibly talented people working their hardest to bring mindfulness and a true sense of Calm to the world. The humility and hunger we share creates a supportive work environment for people who love to do great work for a great cause." — Chase, Sr. Software Engineer

## **Life at Calm — Calm Blog**

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## **Calm: Working through life's daily stresses to find a ...**

Calm by Fearne Cotton is the follow-up to Happy. With the first

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book looking at ways to find joy in everyday life, Calm helps us work through the daily stresses and worries we often face, in order to feel less stressed out and more relaxed. I may reference back to this book and what I've learnt from it throughout my blog posts.

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