



# The Perfect Calm Deck: 50 Exercises to Soothe Mind and Body

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## **The Perfect Calm Deck: 50 Exercises to Soothe Mind and Body** Chronicle Books

Figuring out how to tap into inner calm—even for a few minutes each day—is essential for well-being and peace of mind. With an inspirational image and a simple guided exercise on each card, this handy deck will help you relax both mind and body and appreciate the simple pleasures all around you.

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