



How to Stay Sane in a Crazy World: A Modern Book of Hours to Soothe the Soul

Sophia Stuart

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Has it just been one of those days? Or months? Or years? I was once in a yoga class (a rare yoga class, I'll admit), where the teacher had us all exhale again and again and again, until—as she put it—we'd let go of today, the last month and, by the end, “the whole of last year.” We all collapsed in very non-yogic giggling. But we knew what she meant. Exhale. Let it all go.

To exhale, I stop “doing Life” and start to wind down and engage in soothing rituals like lighting a candle.

And then I take to my bed.

Perhaps you need to do the same? . . .

Gather up your pillows and a box of Kleenex, a novel and some tea . . . sink back against those soft pillows and dream. It's time to rest, rejuvenate, and appreciate just how glorious life really is.

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Is it you who having spare time after that spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something totally new? This How to Stay Sane in a Crazy World: A Modern Book of Hours to Soothe the Soul can be the reply, oh how comes? It's a book you know. You are so out of date, spending your time by reading in this new era is common not a geek activity. So what these guides have than the others?

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