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MINDFUL LONDON: HOW TO FIND CALM AND CONTENTMENT IN THE CHAOS OF THE CITY



Ebury Publishing. Hardback. Book Condition: new. BRAND NEW, Mindful London: How to Find Calm and Contentment in the Chaos of the City, Tessa Watt, Mindful London invites you to slow down, wake up and be present to the everyday in a more meaningful way, in one of the world's greatest cities. For Londoners and visitors looking to enhance their experience of the city, and for those curious about mindfulness, this is your essential guide. It features quiet and peaceful places...

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- Authored by Tessa Watt
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