



Tranquilologie: A DIY Guide To Everyday Tranquility

Kimberly Wilson

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Tranquilologie is the study of living tranquility with joie de vivre.

This do-it-yourself field guide takes you from January through December with doses of inspiration covering eight topics—mindfulness, self-care, nesting, do-gooding, work, style, creativity, dreams—in a *nouveau* way each month.

Learn to create homemade gifts, get grounded in an instant, practice restorative, yin and vinyasa yoga, accessorize, craft your bucket list, start a women's group, art journal, clear clutter, shop mindfully, and more.

Tranquilologie involves being mindful in the moment, relishing simple pleasures, exploring minimalism, getting crafty, and creating extraordinary everyday experiences.

Inside each month's feature you'll find eight insightful essays including how-tos, "Savvy Sources" to inspire further exploration, signature "OMwork" to tie a bow around the month's journey, inspiring quotes peppered throughout, and checklists to help you stay on the tranquility track.

To enhance your visual journey, artist Mary Catherine Starr sprinkles each of the 96 essays with whimsical watercolors. *Tranquilologie* is about living with exuberance, passion, and tranquility—every day of the year.

Place this art-filled book on your bedside table next to a scented candle and cuppa tea (or flute of bubbly). Use it in collaboration with your personalized *Tranquility du Jour Daybook* to truly live tranquility each and every day. Read each chapter as the month begins or pick it up as the need for inspiration hits anywhere in between, ideally with jazz serenading in the background.

"Kimberly Wilson is like a seriously stylish good fairy who not only encourages you to live your best life but more importantly shows you how. Her enthusiasm for all facets of self-care is utterly infectious and every page of this book holds beautifully simple ideas every woman can incorporate into her daily life. I'm already planning my next Bed Day!" --**Susannah Conway, author of *This I Know***

"What a tranquil reminder of how to create a beautiful life that is true to your soul. Kimberly covers it all with panache and deep love." --**Jennifer Loudon, author of *The Woman's Comfort Book* and *The Life Organizer***

"Kimberly Wilson's *Tranquilologie* is an entertaining, super practical guide to bringing more serene and joyful moments into your daily life. I love Kimberly's unique and fun approach to mindfulness, self-care, and creating a beautiful life." --**Tara Mohr, author of *Playing Big***

"I love this book! *Tranquilologie* is chock-full of ideas that inspire, and small, simple actions you can take every day to make your life more beautiful and more creative. Don't wait until January! Pick your favorite month of the year and start right now." --**Lisa Sonora Beam, artist and author of *The Creative Entrepreneur*, and *A Cartography of Higher Purpose***

"Kimberly Wilson has done it again. This new book gives you exciting adventures for each month that will

soothe your body, mind, and spirit, whether it is a yoga pose, a recipe, or a delightful self-indulgence. Reading it makes you feel joyful and inspired to get out of your rut, and experiment with delights... Kimberly is a creativity trailblazer of our time! You will love this book!" --**Gail McMeekin, author of *The 12 Secrets of Highly Creative Women, The 12 Secrets of Highly Successful Women, and Creativity Courage Cards***

"This delightful guide is the recipe book for your best year ever, repeatable annually to give you a just about perfect life. It's a treat to read and a glorious adventure to put into practice." -- **Victoria Moran, author of *Creating a Charmed Life***

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Donna Young:

Have you spare time for the day? What do you do when you have far more or little spare time? That's why, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to the particular Mall. How about open or read a book entitled Tranquilologie: A DIY Guide To Everyday Tranquility? Maybe it is being best activity for you. You recognize beside you can spend your time with your favorite's book, you can cleverer than before. Do you agree with it is opinion or you have additional opinion?

Roxanne Harrelson:

Reading a reserve tends to be new life style within this era globalization. With examining you can get a lot of information that may give you benefit in your life. Along with book everyone in this world can share their idea. Guides can also inspire a lot of people. A lot of author can inspire all their reader with their story or even their experience. Not only the storyplot that share in the textbooks. But also they write about the information about something that you need instance. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors on this planet always try to improve their talent in writing, they also doing some exploration before they write to their book. One of them is this Tranquilologie: A DIY Guide To Everyday Tranquility.

Irene Parker:

Spent a free a chance to be fun activity to complete! A lot of people spent their sparettime with their family, or their particular friends. Usually they carrying out activity like watching television, about to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Might be reading a book may be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the guide untitled Tranquilologie: A DIY Guide To Everyday Tranquility can be good book to read. May be it might be best activity to you.

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