

Create Calm in 2015

How can you create more Calm, Creativity & Happiness in 2015?



We have all made New Year's resolutions before. But could there be a new habit that you could adopt to make your life happier, introduce more well-being, calm, happiness, creativity and even better health? Researchers have identified many positive benefits of meditation.

One researcher, Dr Barbara Fredrickson, found that meditators have a "broader scope of attention", that allows them to take in more information, to see more connections and to be more creative which "fundamentally transforms people." Learn more about her insights [here](#).

Here's to creating more calm in 2015!

Best Wishes,

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