



O's Little Book of Calm and Comfort

The Oprah Magazine

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The fifth installment in our series of small, inspirational books from the editors of O, the Oprah Magazine—this one a collection of contemplative and meditative essays that soothe and inspire the listener to lead a full life with ease.

A tranquil, peaceful collection of soul-stirring writing designed to guide listeners toward an easier, less-anxious existence. The editors at O., The Oprah Magazine have combed through the Magazine's extensive archives to assemble O's Little Book of Calm and Comfort, a collection of stirring pieces from great writers and celebrated thinkers, that offers warm and reassuring companionship to any listener feeling frazzled by the demands of daily life.

O's Little Book of Calm and Comfort Details

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From Reader Review O's Little Book of Calm and Comfort for online ebook

Bunny Cavanagh says

Whilst the idea was excellent the execution was poor. Some v upsetting stories included that neither calmed not comforted. In fact once I felt much much worse. The editors needed to think harder about why people would choose to read this and include suitable stories.

Brittany says

Loved the short stories! It reminded me that, while we are all on different paths, we all experience love, pain, loss and hope. Good for a good laugh or a good cry. Which ever you need.

Renee says

Inspiring collection of stories. Really enjoyed the interview with Pema Chodron. Will re-read when I have moments where I need some inspiration.

Bachyboy says

A good friend gave me this to encourage me through the tough cancer stuff and I did feel its effect. A lot of the essays dealt with the aftermath of divorce but it was interesting to see how the faced adversity. Worth reading in lots of different circumstances.

Alex says

The quality of writing here is high, however what might bring comfort to one person may be upsetting to another and unfortunately there's no way to know when going in to each piece whether it's going to be calming or the exact opposite! Overall it wasn't quite what I was expecting from the title.

Pat Mills says

Small book, Big thoughts. Just nice. Made me smile.

Cynthia Egbert says

This book is one that caught my eye on a library shelf and so I grabbed it. It is definitely one that I ran hot and cold with. Some of the contributors were fantastic and some were cringe worthy. Overall, I found some nuggets worth sharing...

"Ask yourself, 'Am I living in a way that the earth can be grateful for me?'" -Robin Will Kimmerer

"What gladdens my perfection-obsessed heart is to attempt projects that don't matter, at least not in the grand scheme of things. So I make Pinterest-inspired marshmallow snowmen sliding down a coconut cake on fruit-leather toboggans for a five-year-old's birthday, and neither of us cares that their sugar-sprinkle eyes dribble down their chins. I watch videos of men chiseling rocks in the English countryside and then go out to lay my own stone wall, half of which survives. The whole while, I forsake doing things flawlessly and instead just do them - for the joy of learning something new, for the pleasure of thinking with my hands, for the sweet delight of merely trying." -Lise Funderburg

"To get the full value of a joy you must have somebody to divide it with." -Mark Twain

"Doubt is not a pleasant condition, but certainty is an absurd one." -Voltaire

"Run my dear,
from anything
that may not strengthen
your precious budding wings." -Hafiz

Stephanie says

Great information and lots of good ideas here.
A good choice for everyone's personal library.
Highly recommended.

Clark says

Book of Calm and Comfort? I think not. Very misleading title. A total waste of time. I think the only reason this book was able to get published was because the name Oprah was on the cover. I have never given a book a one star before. If I ever see the name Oprah on a book cover from now on, I will stay far from it!

Danica Midhil says

Wonderful. Feel like I could read it a couple more times.

Karen says

Well written, thoughtful short pieces, some of them sad, all of them uplifting. Now if I could just stop referring to it as O's Little Book of Comfort and Joy. My brain obviously goes into Christmas mode every time I see a reference to Comfort and...

Latifa AlBaddah says

This was a nice light read.

I liked it quiet inspirational and motivating.

Can't wait to go through the rest.
