



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

By 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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### Editorial Review

#### Review

“Who but Sophia Stuart, creator of the delightful teamgloria.com, could make ‘taking to one’s bed’ seem like a victory instead of defeat? In her lovely book of hours, she weaves together wisdom and witticisms, slowly convincing you that you have been chasing all the wrong things in this mad, mad world. Fortunately, she instantly provides the antidote: cashmere blankets, a pot of tea, and a gentle, encouraging nudge that tells you to open your eyes and see the world anew. A necessary book. And an irresistible one, too.”

—**Stacy Morrison**, author of *Falling Apart in One Piece* and former editor in chief of *Redbook* magazine

#### About the Author

**Sophia Stuart** is a writer, photographer, and award-winning digital strategist and creative director with more than 17 years of experience in building digital products within the U. S. and internationally (Asia/Europe) in the publishing and Hollywood movie industries. Voted one of the “Top 21 Social Media Superstars” by *Min Online* in 2009, she won a *Webby Award* for *Cosmo Mobile USA* (2008) and an *MVA* for *Cosmo International Digital Strategy* (2010) while at *Hearst* as head of mobile (USA) and then head of digital (International) with responsibility for the digital vision and strategy for 300 international brands including *Cosmo*, *Harper’s BAZAAR*, and *Esquire* in countries including China, India, Italy, France, and South Africa.

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enjoy reading.

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