



Soothe: How to find calm amid everyday chaos

Jim Brickman

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Over the past 20 years, Jim Brickman has quietly amassed a huge following as a contemporary pianist. Fans continually reach out to let him know that his soothing sounds have helped them handle a wide spectrum of life's challenges and events, from a father-daughter wedding dance to delivering a baby to enduring chemotherapy. Brickman's listeners trust his music to deal with a crisis, find peace, rekindle romance, or simply relax. They want advice that's uncomplicated and relatable and incorporates the healing powers of music, inspiration, and even a prayer or two to deal with tough times or just unwind.

Soothe is a collection of light spiritual and practical advice that mirrors the way it feels to listen to Brickman's music. Sharing easy ways to limit stress and find soothing moments, the book spans a range of ideas organized by theme--Soothe Your Heart, Soothe Your Space, Soothe Your Mind--tapping a range of mind, body, and spirit experts. Brickman takes readers on a journey as he explores the benefits of deep breathing, clean eating habits, and even creating a more organized space. *Soothe* offers readers a compendium of his best advice, sharing what really works in a quest toward a calmer, happier life.

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