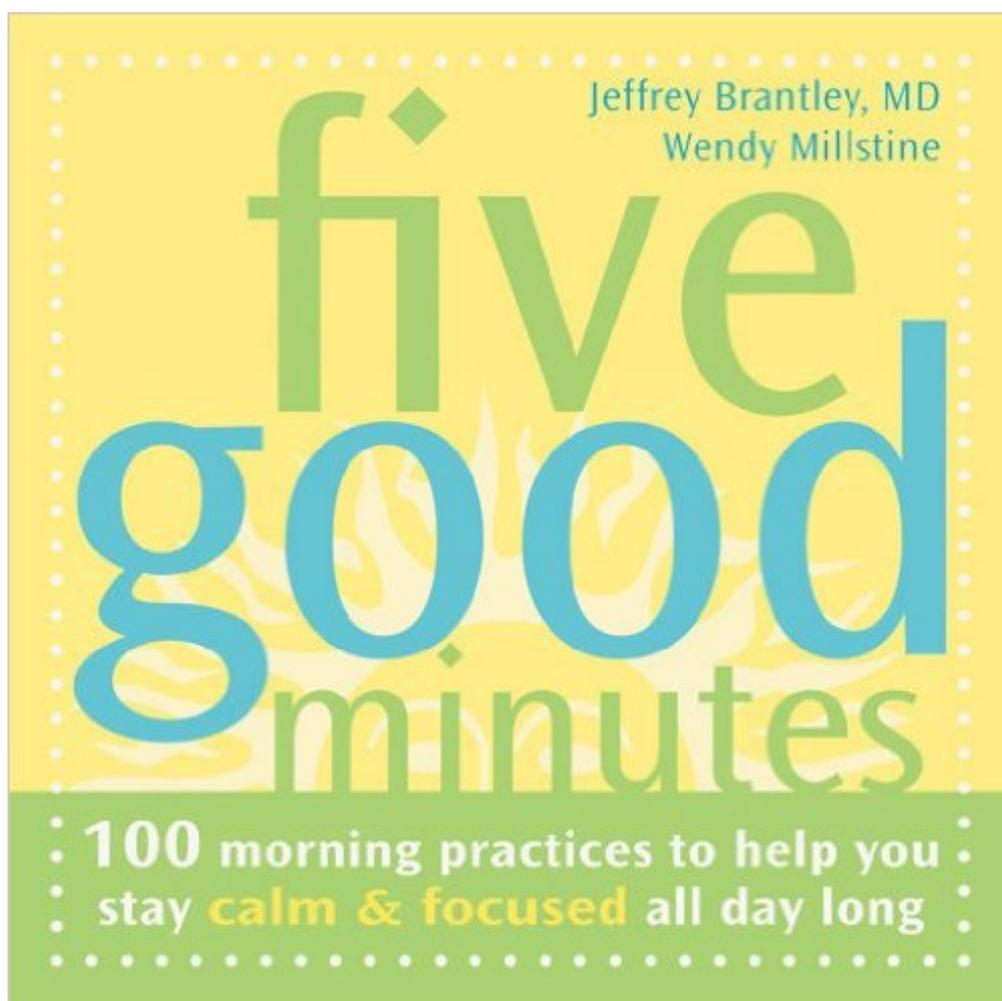


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# Five Good Minutes: 100 Morning Practices To Help You Stay Calm And Focused All Day Long (The Five Good Minutes Series)



## Synopsis

The 100 simple practices found in *Five Good Minutes*® are designed to help even the busiest person start the day right. Using just five minutes of mindfulness, relaxation, or imagery techniques during their morning routines, readers can set their intentions and greet the day feeling calm, centered, and energized. What difference can five minutes make in the crazy, nonstop course of a sixteen-hour day? For people feeling overwhelmed with responsibility, bored with the same tired routine, or frustrated about how to create meaning in their lives, a little time well spent can lead to extraordinary changes. This book shows readers how to dramatically improve their lives in just a few moments each day. The concept is powerfully simple: Readers take the time each morning to be fully present, to set a clear intention for themselves, and to really engage in any of 100 fun and easy-to-follow practices. Soon they will discover that amazing things can happen in just five minutes. The book provides guided imagery, relaxation, mindfulness, and meditation practices—fun activities that relieve stress and create meaning and purpose in the reader's day. These practices help readers feel good, get motivated, and become inspired to change their lives for the better. Over time, these activities become guideposts readers will return to throughout the day, providing energy and inspiration when they need them most. In other words, the time readers of this book take for themselves in the morning might just be the five good minutes that change their lives. *Five Good Minutes* is a trademark of New Harbinger Publications, Inc.

## Book Information

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## Customer Reviews

Can five minutes make a difference in your life? The answer is a resounding YES, according to authors Jeffrey Brantley and Wendy Millstone in *FIVE GOOD MINUTES IN THE MORNING* (see also Section 2)--a most informative book that is filled with suggestions on what can be accomplished in such a brief period of time. To begin with, you should start with mindful breathing and follow that with mindful listening . . . you are then ready to act wholeheartedly, in which you do something with all your attention and energy. The authors give you a choice of 100 different practices, any and/or all of which can be used to get your day off to a great start . . . some of them may seem basic, but I think if you actually tried to implement at least some of them, you couldn't find a better way to begin start your day. Or in certain instances, end it as was the case with the following exercise that I've already started to put to good use: If you inherited the worry wart gene, then you're well versed in the mental ruminations that can plague a quiet night at home. You worry about the strange ticking noise that the car started making. You worry about an awkward conversation you had with your boss. You may find yourself on a hamster wheel of worries, running in circles but not making any forward progress at all. The following practice will help you stop spinning your wheels and let go of those bothersome thoughts.

1. Begin by making a mental or written list of all your worries, large or small, rational or far-fetched.
- 2.

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