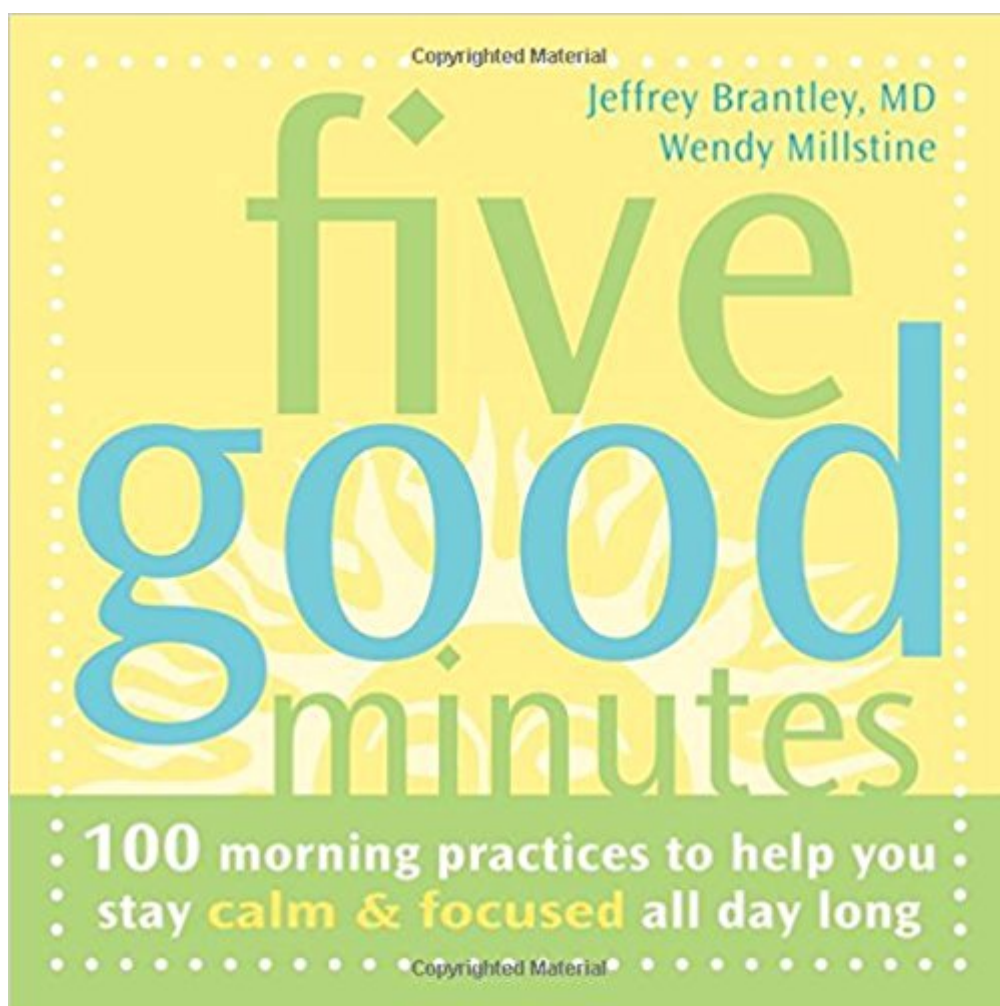




The book was found

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

Feeling overwhelmed on a daily basis is no fun for anyone, but changing your mindset requires time that just doesn't exist. Or does it? Five Good Minutes claims time can be found, and backs up that claim with 100 simple exercises that help get your day off to a better start. Dr. Jeffrey Brantley (Calming Your Anxious Mind) has created easy ways of modifying things you already do every day--like taking a shower--into moments that combine grateful awareness with deep relaxation. Most of the exercises begin with what the author calls "breathing mindfully", and learning that technique is the only item in the book that might take more than five minutes. The nine-step instructions for a basic form of meditation are easy to follow, but could take a little practice if you're a newcomer to such techniques. You're also encouraged to use other techniques you're already familiar with that create a similar feeling of calm centeredness. The exercises are arranged in broad categories like "peaceful awareness" and "growing wiser and kinder", allowing you to follow along through the book or skip around to the most appealing ones. Each one--from giving yourself a quick foot massage and a hug to paying special attention to your first sip of tea or coffee in the morning--is aimed at creating a short moment of peace and happiness in your otherwise frantic day. And hopefully you'll find that the five-minute exercise creates a lasting feeling of well-being that allows you to reconnect with the joy hiding in your busy schedule. Jill Lightner

Self-improvement books always seem to be popular. I enjoy reading these kinds of books because there is always some new or unique approach to improving the overall quality of your life. When I saw this 159 page hardcover book on for a bargain price I immediately purchased it. Five Good Minutes (100 morning practices to help you stay calm and focused all day long) by Jeffrey Brantley and Wendy Millstine. The advice in this book is simple to follow and there is enough variety to keep you interested in following this program every day. The emphases in this book is on taking just 5 minutes in the morning and perform the breathing and mindfulness exercises advised in this volume. Part one covers the important foundation of this program. Part two explains the actual practices which include establishing ease and inner relaxation, peaceful awareness and connection, relating yourself to others, and growing wiser and kinder. There are 100 exercises and some of these include the following: Touch and go, appreciate yourself, dance your troubles away, move it, steps to change, the balancing act, drop the past, you come first, be your own best friend, notice the world around you, name the pain, bold, fearless and powerful, face death with wisdom and compassion, open the door to wisdom, live in the moment, no more grumpy mornings and infinite impossibilities. Rating: 5 Stars. Joseph J. Truncale (Author: Zen Poetry Moments: Haiku and Senryu

for special occasions).

I don't need this stuff, but I think it would be useful to the other person.

I am a psychotherapist. Found this book at a professional conference I attended. I put it out for my patients to see, as I thought it would be of help to them. Many were really drawn to it, so I ordered several copies, for those who wanted to purchase it for their own. They do find it very helpful.

There are numerous ways mentioned in this book to keep you calm and focussed, I am sure you can easily pick up 1 and this one with just 5 minutes may reduce your stress levels !! A run through book.

I read for an hour every morning and have added this book to my morning routine - great, easy techniques to start out the day.

A lovely little book that inspires me each morning.

excellent product and delivery

Five good minutes provides several great ideas on how to frame your mind to better improve your life. I purchased several copies and gave to friends as gifts.

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