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Five Good Minutes® are designed to
help even the busiest person start the
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routines, readers can set their
intentions and greet the day feeling
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Jeffrey Brantley
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Author. The word "mindfulness"
conjures up images of intense
commitment, long bouts of
meditation, smarmy magazine articles.
This book offers none of that. Instead,
the author proposes that with just five
...

Five Good Minutes: 100 Morning

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Five Minutes in the Morning offers a beautiful space and creative exercises to encourage reflection and intention setting at the start of the day. ...

Overall this is a good way to start journaling although 5 minutes seem to go very quickly. Some of the exercises seem to be somewhat different from the norm. Read more.

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