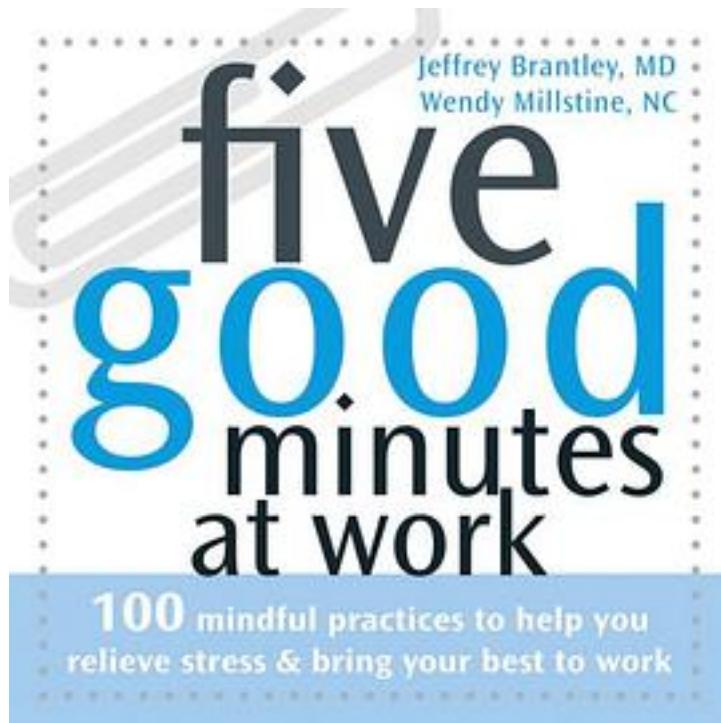


Five Good Minutes at Work



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In less time than they would spend on a coffee break, readers can fill their workdays with peace, calm, and serenity. This collection of 100 mindfulness practices, the third in New Harbinger's "Five Good Minutes" series, can help the uninspired, tired and stressed out transform a few precious minutes on the job into a revitalizing and invigorating experience. Each of these practices is designed to help readers relax, focus and reflect on what really matters to them. Whether sitting at a desk or ducking into the supply closet, anyone in any office or work environment can include these stress-relieving and centering activities into even the busiest schedule. Exercises help readers deal with difficult coworkers, tyrannical bosses, impossible deadlines and

more. Just five minutes a day will reward readers with increased productivity, reduced workplace conflict and a sense of serenity that will start to spread to the rest of their lives.

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