



# Five Good Minutes: 100 Morning Practices to Help You Stay Calm and Focused All Day Long

*Dr. Jeffrey Brantley and Wendy Millstine*

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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.

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