

15 One Minute Meditations



**Breath
Meditation**



**Gratitude
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**Meditation
for Calm**

Minute Meditations

Karen Salmansohn



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reading focuses on a motivating word for the day plus a supporting affirmation a meaningful meditation and a relevant quotation by someone from history the arts sports government business and others The book reflects the authors direct experience as a successful corporate executive a productive worker and the leader of a global nondenominational spiritual movement He has personally written and used these meditations for years as a foundation for inspiration in his own daily work Tranquility of thoughts and stillness of spirit during times of work are priceless gift s for readers of this inspirational book You can start reading today because One Minute Meditations at Work is timeless the meditations are uplifting every day of every year **Lead, Kindly Light** James Sharp,1993 Minute meditations for every day of the year taken from the writings of Cardinal Newman plus a concluding prayer for each day Illustrated and printed in two colors Includes ribbon marker *Instant Calm* Karen Salmansohn,2019-08-27 Lifestyle guru Karen Salmansohn presents a colorful gift book of two minute meditations and mindfulness tips that help reduce stress and improve focus clarity productivity and sleep You re just a few minutes away from a more Zen mindset Almost 40 percent of Americans admit they worry every day and the media has pegged today s millennials as The Anxious Generation Although interest in meditation and mindfulness is ever growing many of us don t have the time or patience to develop a serious practice Health and happiness guru Karen Salmansohn s unique brand of fun mini meditations use the power of focus and the five senses to achieve the same results as more standard meditation techniques in far less time Packed with full page illustrations fascinating scientific studies and Salmansohn s patented wit *Instant Calm* helps you tap into stress releasing topics like forest bathing sound essential oils smell earthing touch dot meditations sight and more in just two minutes Soon you ll be swapping your aarghs for ahhs Advance praise for *Instant Calm* *Instant Calm* can help anyone redefine and expand their meditation practice She shares a range of unique sensory meditations which tap into all five senses and offer a quick fun approach to reset your mind and refocus your energy I personally have begun to use these mini meditations whenever I just want to feel a mental boost throughout my day I love the illustrations and Karen s fun and lighthearted voice I highly recommend this book as a helpful guide to decompress from life s challenges Kristine Carlson New York Times bestselling author of *Don t Sweat the Small Stuff For Women* If you re feeling stressed and looking for ways to relax and feel focused and pretty much everybody in today s world is well then this book is a game changer for you It makes doing meditation feel so easy and fun It s great for beginners to meditation and also helpful for advanced meditators because there s something for everyone What I especially love about this book is the wide range of sensory meditations Karen offers Open up the book anywhere and you will find a useful fun two minute tool you can use to relax and feel grounded again Plus the illustrations are gorgeous Christina Rasmussen bestselling author of *Second Firsts Live Laugh and Love Again* **Slow Down** Joseph M. Chaplin,2004 **You Have 4 Minutes to Change Your Life** Rebekah Borucki,2017-02-28 I don t have time to meditate Rebekah Bex Borucki has heard this a lot A certified yoga and meditation teacher she s taught hundreds of thousands of people how to create simple yet powerful meditation practices In

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