



# **Five Good Minutes at Work: 100 Mindful Practices to Help You Relieve Stress and Bring Your Best to Work (The Five Good Minutes Series)**

*Jeffrey Brantley, Wendy Millstine*

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Five Minutes to a Happier, More Productive Workday

Is your workday filled with chaos, stress and, at times, and inability to focus? Do you have mountains of projects ahead of you but no motivation to tackle them? In less time than you would spend on a coffee break, you can fill your workday with calm, balance, and serenity. **Five Good Minutes® at Work**, the third in the breakaway **Five Good Minutes™** series, can help you transform your workday from tired and uninspired to engaged and productive in just a few good minutes.

Whether sitting at your desk or ducking into the supply closet, you can include these stress-relieving and centering activities into even the busiest schedule. These practices can help you deal with difficult coworkers, tyrannical bosses, impossible deadlines, and more. Your five good minutes each day will reward you with increased productivity, reduced workplace conflict, and a sense of serenity that will start to spread to the rest of your life.

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