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Posted on 16 December 2017 By Noah Rasheta

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To Inspire Daily Reflection And Help Children Years Of Age Develop A Positive Attitude In Justminutes A Day TheMinute Trading Strategy Investopedia TheMinute Momo Looks For A Momentum Or Momo Burst On Very Short Termminute Charts First, Traders Lay On Two Technical Indicators That Cardio Workout The Five Minute Cardio Blast We Don T Want You To Miss Out On Getting A Workout In Just Because Of Time Restraints Though, So We Put Together This Five Minute Cardio Workout So You Can Get A Quick Cardio Blast In Squeeze ThisMinute Timer YouTube This Timer Counts Down Silently Until It Reaches, Then A Police Siren Sounds To Alert You That Time Is Up The book for review is "The 5Minute mindfulness journal: Daily Practices for a Calmer Happier You" by Noah Rasheta. This book falls in the genre of selfhelp and journaling.

Life is hectic and downright stressful regardless of who you are and what you do. Sometimes all it takes is five minutes. Inside the book you will learn that

you are not your thoughts

your inner narrator

befriending your inner narrator

finding peace in the struggle

self acceptance

gratitude

cultivating loving kindness

To learn more you will find motivational quotes at the beginning of each section. After which are sections that will have you reflect on the material just read through questions. There is space after which you can answer.

You will see prompts and exercise, space to reflect and then quotes. It is a time and space to reflect on what you have just read and done in the journal part to access where you are and where you can go.

I really enjoyed this book. It is beautifully done and is in an odd way to describe he pictures but peaceful. The quotes were reassuring and made me pause after I read them. This is a small book but in no way should it be rushed as you are trying to build a calmer and happier

you.

I received this book for free from the Callisto Publishing Club but the opinions are my own. This journal helped me become more mindful and more aware of how mindless I can be. It is still a struggle for me but I continue to look back at my progress and grow from there.

THE 5-MINUTE
mindfulness
journal



Daily Practices for a
Calmer, Happier You

Noah Rasheta

Do you like to journal but find blank books intimidating? Would you like to explore your inner life but think you'd find it helpful to go on a journey with a helpful guide?

If so, then *The 5Minute Mindfulness Journal* should pique your interest!

This book is a beautifully illustrated lined journal filled with intriguing questions that will help you to get to know yourself better and examine your life in an illuminating and nonjudgmental way. Some of the questions are straightforward while others are presented in a delightfully creative way.

Scattered among the questions and illustrations are some very inspiring quotes from people that you know and people that you don't know yet!

The author and publisher did a beautiful job of designing this book every time I pick it up it makes me smile!

Disclosure: I received a copy of this book from the publisher, but I was not required to post a review. My comments are based on my personal experience with this book!

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