



# A Minute for Me: Learning to Savor Sixty Seconds (2nd Revised edition)

By Megan McDonough

Satya House Publications Inc. Paperback. Book Condition: new. BRAND NEW, A Minute for Me: Learning to Savor Sixty Seconds (2nd Revised edition), Megan McDonough, The high price for trying to get everything done is letting yourself become undone. A busy life is an easy place to lose you. Even in a busy life, the greatest gift you can give yourself is the gift of your own attention, discovering from within what is true and authentic. For this self-discovery, exotic travel is optional. Inquiry is mandatory. This book gives you the tools that encourage inquiry, including: personal short stories to motivate your own exploration and inquiry; simple 60-second exercises to build your 'self-awareness' muscle; and, ideas for generating new perspectives that can easily fit into your day without changing your schedule or adding another item on your to-do list. You can think about the past, plan for the future, but the only time you experience life is right here, right now-in this very moment. This book helps you live this moment to its fullest. Maybe that is the ultimate exotic travel - the exploration of your own heart.



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