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It suggests mindfulness habits in very specific detail. Practicing any one of the habits for 10 minutes a day will lead to it becoming a habit for you to use whenever you need to focus your life. The meat of the book is a series of 71 habits arranged by time of day: morning, late morning, afternoon and evening.

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5.0 out of 5 starsA Fantastic Collection of Habits That Bring Piece of Mind and Greater Awareness...in only 10 Minutes! Reviewed in the United States on June 2, 2017. This is a fantastic collection of mindfulness habits by Steve Scott and Barrie Davenport. The book starts off by asking a very important question that gets you thinking: " How can you remain in the present when you have to plan, schedule, achieve goals and live life in a world that is so focused on the future? " .

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