

**ONE-MINUTE MEDITATIONS AT WORK: 365 DAYS OF
INSPIRATION ON THE JOB**

Deann Beier

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Human Behavior & Psychotherapy Vol. II, , p. Tom Zender. One Minute Meditation at Work: Days of Inspiration on the Job. , p. Staci Boyer.

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Just ONE minute, observing my mind. This is all totally true, Christy.

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Look at so-called climate 'science'. But I love the idea of all doing it. When one spends time doing meditation, one can start to see how stupid things are in the world around us. Thepurposeistoshortenthe timeyou spendinvested intheerraticthoughtst
nurse roles in a corporate environment may include direct patient care, either telephonically or in-person, as well as nurse informatics specialist, and nurses designing and running large-scale programs. It is the only meditation app I have actually stuck with and I have been meditating a few times a weeks for about a month .