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100 Layers of Makeup, Nails, Lipstick!  
100 Coats of Things by 123  
GO!CHALLENGE 15 MINUTES

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(Morning Stretches for Men) Morning  
Yoga Workout | 40 minutes WAKE UP  
Yoga | Anmol Singh

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10 Tunes | 100 Minutes | Morning  
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Guided Morning Meditation (10

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help even the busiest person start the day right. Using just five minutes of mindfulness, relaxation, or imagery techniques during their morning routines, readers can set their intentions and greet the day feeling calm, centered, and energized.

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Five Good Minutes offers 100  
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Five Good Minutes - 100 Morning

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conjures up images of intense  
commitment, long bouts of  
meditation, smarmy magazine articles.  
This book offers none of that. Instead,  
the author proposes that with just five

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Five Minutes in the Morning offers a beautiful space and creative exercises to encourage reflection and intention setting at the start of the day. ...

Overall this is a good way to start

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journaling although 5 minutes seem  
to go very quickly. Some of the  
exercises seem to be somewhat  
different from the norm. Read more.



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