

# **Just a Minute!**

**Building a Better You, One Minute at a Time**

Daniel T. de Lill, PhD

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# 1 ~ Building a Better You — The Living Minutes Lifestyle

Do you value your life? Take a moment and close your eyes. Think back on the past day and reflect on every moment you simply wasted time, from sitting at a traffic light to waiting in line somewhere. With all of that time wasted, ask yourself again — do you value your life? From the busy working parent to the comfortable retiree, we all have wasted moments that we let slip away each day. Let me show you a way to use that wasted time to live a deeper, more meaningful life toward building a better you.

But first, I bet you have some questions. Before we jump into those, remember that if you've got time to lean, you've got time to DREAM!

*If I've got time to lean, I've got time to dream?*

As a teenager working in a fast-food joint, one of the things you're often told is that if you've got time to lean, you've got time to clean. The philosophy revolves around the fact that if you're on the clock earning a wage, then they want you to be working that entire time. Fortunately, our entire lives aren't always dictated by others, giving us time to lean without needing to do anything. Unfortunately, in the ever increasingly

hectic lives we lead, finding those precious moments can seem impossible to find.

In actuality, you'd be shocked by how many minutes you waste each day just waiting around. Instead of wasting that time, why not use that time to improve your life just a tiny, little bit? Eventually, these small moments add up and before you know it, your life will begin to feel full of more joy, gratitude, and meaning than you thought possible. The secret to living your best life in today's warp-speed society is to do so one Minute at a time.

### *Well who the heck are you?*

I get bored easily. Who doesn't? But, I take advantage of those moments of boredom to augment and enhance my life. I have a PhD in chemistry (as well as two bachelors (French and chemistry) and a masters in chemistry). I'm a university professor. I'm a scientist and I conduct research. I'm a science fiction and nonfiction writer and author. I'm a certified life coach. I speak half a dozen languages (albeit, a few no so well). I play three instruments, and I've dabbled with a couple of others. I read tons of books and lots of internet crap. I stay in decent shape. I love to cook and make new recipes. I have a website and a blog. I volunteer. I attend conferences and workshops. I'm a spiritual person that spends time daily meditating and communing with my deity of choice. In the past I've gardened, sculpted Bonsai trees, trained for races and a half-marathon, volunteered regularly, played saxophone in a community band, and many other various activities. I have few family obligations, so that does make it a bit easier for me, but I still never have any huge chunks of time to routinely

devote to any one of these things. Instead, I have to work on them whenever I can sneak the time in to do so. But first I had to learn how to do so.

One day something happened. I woke up and realized I was drowning. I had become one of those people who devote their whole being to work. I wasn't taking any time for myself or my interests. Nearly every minute of my life was dedicated to work in some way. I needed to find a way back, to reclaim my life again. That's when I formally developed this fun and innovative method, what I call the Living Minutes Lifestyle.

### *How can you possibly do all of those things?*

I'm a busy person with a lot of obligations, and the only way to do all that I do is to multi-task. But, it goes beyond that. I don't like to spend time in the gym when I could be working on my next short story. I don't want to study Norwegian vocabulary for an hour when I could be working on grammar exercises instead (I love grammar exercises). I don't have time to sit down and learn chord after chord on the ukulele. But, what I do have is a lot of spare minutes throughout the day to knock off a lot of the little things. I can do all of these activities by the Minute rather than by the hour.

The average traffic light where I live is about two minutes long. You can get a lot done in two minutes, especially when you sit through a dozen traffic lights going to and from work each day. I take a few minutes in between work tasks to take a refresher doing something I enjoy. I take a minute or two in the morning, before and after lunch, and in the evening to do a few things. Over the course of a good day, I may find

upwards of 60-90 minutes where I did things that I wanted to do, but if I had to find a 60- to 90-minute block of time to do all of that, it wouldn't have been possible. I just learned to live my life one Minute at a time.

*There can't possibly be that many minutes to spare...*

Within each year there are 525,600 minutes, or 1,440 minutes per day. It's shocking how many of these minutes are eaten up by normal life and its routines. During a work day, the average American spends about 480 minutes sleeping, 60 minutes driving, 480 minutes working, 100 minutes on chores, and 100 minutes eating. This leaves about 3-3.5 hours of "free time" on a typical week day. Shockingly, nearly an hour of that is lost daily by looking for lost/misplaced items, and another hour is easily lost "waiting" on things. No wonder it can feel like there isn't even time to breathe during any given day. With life constantly bidding for our time, we have to take advantage of every minute we can to savor our lives and build the life we want to live.

*How long is a minute?*

A minute is defined as the amount of time that passes within sixty seconds, where one second is slightly less than 0.000012 (0.0012% or 1/86,400) of a day. This isn't very scientific, as the actual length of a day is not constant. Thus, a better definition of a second is the time it takes one cesium atom to oscillate a little more than nine billion times



(9,192,631,770 plus/minus 20 oscillations). Regardless of how we measure a second, a minute is always 60 of these.

Sixty seconds may not sound like a lot of time, but there are hundreds, thousands, or even possibly millions of things that you can accomplish within this minute timeframe. (See what I did right there? How did you pronounce “minute” in your head in front of timeframe...? It works with both pronunciations!) Take a minute and sit in silence. Set a timer and just be in that moment. Close your eyes and focus on nothing but the sounds around you, trying not to let your mind drift. I had a fifth grade teacher do this exercise with our class once (with our heads down on our desks) and it stuck with me just how long that minute was. I could have sworn my head was down for 5-10 minutes!

It takes just one minute for your blood to circulate three times through your body, which equates to your heart pumping about five quarts of blood per minute. During that minute, your kidneys will clean 2.2 pints of that blood. You’ll take about 20 breathes within the next minute and blink about the same number of times. Most people will have over 30 separate thoughts over the course of just 60 seconds. The average person will speak about 150 words a minute and read about 300 words. At a brisk pace, you can walk about 100 steps in one minute. So, as you can see, a minute may seem like a small chunk of time, but each minute contains an eternity all its own that you can monopolize on.

If you reclaim just 20 minutes of wasted time each day, that adds up to nearly 122 hours of time each year, which is

about five days worth. So stop throwing your precious time away and start reclaiming it in order to build a better you!

### ***What's this book all about?***

This book is really straight forward. It's all about maximizing your life by not letting lost minutes go to waste. I've compiled over 120 activities (I call them "Living Minutes", or just "Minutes" for short) that you can do on a daily basis, one minute at a time. They are divided into three sections — activities to nurture your intellectual self, your physical self, and your living self (daily life plus your soul) — the proverbial "mind, body, and spirit". Your goal is to eventually do a minimum of twenty of these activities each day. Over time, you'll be able to up this number, but twenty is a good minimum to try to reach. At first, you may only get a few done each day. That's fine! But, remember, your ultimate goal is to do a minimum of twenty Minutes a day.

Some of these "Minutes" seem to be things that will take slightly more time than a minute to complete, but shouldn't take more than 2-3 minutes to do. Other Minutes won't be a way to maximize wasted time, but a way you can modify something you already do in order to benefit your body or mind, where the modification may add a minute or two to the daily routine you're modifying. Either way, a Minute is a packet of reclaimed time that you will use to take control of your life.

### ***What can I expect from this approach?***

This book is not a healing, life-changing, eye-opening kind of book. Your life will not be magically transformed from depressing rags to ecstatic riches. Instead, this book will simply guide you to make time for you using the Living Minutes Lifestyle. It's a unique approach that I found works for me, and I'm certain it'll work just fine for you as well.

In today's world, we are pressured into thinking that personal time is selfish and that sacrifice is honorable. We're asked to do more and more, eating away at the precious little time we have for ourselves. Sure, we may love (or hate) our jobs, love our family time, but in the end, we tend to lose ourselves to the currents of a fast-paced modern life. Don't get washed away! Instead, learn to take time for yourself where you can. These Minutes will help you keep grounded and foster interests you have with the overall goal of nurturing your mind, body, and soul.

### *Is this Living Minutes Lifestyle right for me?*

Absolutely! This technique is useful for just about anyone, from those who are crazy busy with life/work obligations and believe they can't fit anything else into their already hectic schedules to those who have "shiny object syndrome" (i.e., they have a hard time focusing on one single task for an extended period of time). Even if you're not a very busy person (how lucky you are!), you can still benefit from learning how to live your best life one Minute at a time.

Regardless of where you fall, the guiding principle that you will need to develop and master is how to multi-task. This will be achieved by focusing on what you need to get done and

sprinkling Minutes within these mandatory activities to do things for your own personal benefit. This is a great way to introduce and develop new habits, and you can even modify this approach and apply it to your personal/work life. For example, instead of working 1-2 hours on a project, this approach will show you the benefits of breaking up those projects into 5- or 10-minute intervals instead, with one or two Minutes in between each segment. This will break up those mundane tasks to keep your mind sharp and focused. This lifestyle is for anyone who want to benefit from wasted time toward the goal of living a better, more meaningful life.

***Can I really learn a foreign language one Minute at a time?***

OK, so learning a language or an instrument, or whatever you enjoy doing, takes time. It takes practice and dedication. There's no way around spending actual "real" quality time on these activities. But, finding this time is difficult. Instead of waiting to find the time to sit down for an hour with your Italian textbook, use your Minutes to learn new vocabulary. Use your Minutes to learn the parts of the engine you hope to rebuild one weekend. Use your Minutes to learn the names of the birds you hope to see next time you go bird watching. This approach is, in part, about chipping away at some of these things so that when you do have time to partake in your activity of choice, you can take full advantage of that downtime.

Next time you have 30-60 minutes, watch a documentary about something or attend a lecture. At the end, how many things did you really learn, things that you could

actually recall later? In my own experience, I will “learn” 1-3 things every 30 minutes or so in such an environment, something I can recite back months or even years down the road. This is in part due to information overload. Our brains need time to process information and they can only retain so much at any given time (at least, for most people). The advantage of using Minutes to learn is that you are more likely to get more bang for your buck. You can attend a 30 minute lecture and learn 3 things or do 30 Minutes and learn most if not all of those things. Learning one Minute at a time likely would never work in an academic setting on its own (but as a means to augment the learning process, it’s a fantastic tool to have!), but for the individual seeking to learn something new on their own as an adult, it’s a great approach to take!

### *Where do I find free minutes?*

You may be quite shocked to discover how many minutes you waste each day. For a few days, keep track. See where your minutes are wasted. Here are some places where you can find the time to live your best life one Minute at a time!

1. Traffic lights — Be sure to pay attention to the light!
2. Waiting rooms — physician offices, oil changes, etc.
3. Lines — grocery store, DMV, banks, airports, eatery windows/lines, etc.
4. Drive-Thru Windows
5. Just before or after work/lunch
6. First thing in the morning and before bed
7. TV commercial breaks — great for exercises (Ch. 3)!
8. Before or after your shower

9. When getting in or before getting out of the car
10. While waiting for a train, bus, etc.
11. Filling up your car
12. Waiting for a program/file to download
13. Waiting for a movie to start
14. Being placed on hold on the phone
15. On the toilet (yes, seriously! Though, I can't say I ever have...)

Where do you find your free minutes? Make a list and add to it whenever you discover another wasted minute.

***I'm not comfortable with the physical exercises, can I do something else?***

Yes! First, check with a medical professional to make sure that the exercises in here are fine for you to undertake. They are simple, but we're all different and I don't have a medical degree. Everything in here consists of suggestions. You pick and chose the ones you like, adapt the ones to your interests where you can, and even add your own Minutes to your day!

***OK, so where do I start?***

Each page has one Minute. Some Minutes have a detailed description, others are more straight-forward. Look through each Minute and select the ones that you want to incorporate into your life. Then try and do at least 20 a day, starting with perhaps just 3-5 initially and building your way up to 20. If you can do more than 20 — great! You can repeat

the same Minute as many times as you would like, so you may not need 20 individual ones each day. Try to select a roughly equal amount from each section — mind, body, living self. I have several Minutes that I consider essential to each day and others that I rotate in and out.

When you have a free minute, you can either select a Minute at random or pick one intentionally to do. Then, note it on your daily log (Appendix 2). Keeping track of your Minutes each day makes sure that you will lead the best life that you possibly can. I've included Minutes Flashcards and a Tracker in the appendices. Blank templates of these can be downloaded from my website as well at <http://www.LivingMinutes.com>.

### *I'm ready!*

Turn the page and let's get going! Keep note of the Minutes you want to use as you read through them. I hope these Living Minutes will help you start living your best life possible!

## 2 ~ Mind — A Minute for Your Intellectual Self

*I'll skip this section; I'm not really into learning stuff...*

Stop. Don't. Please make sure you do some of these activities! This isn't just about learning new stuff, it's more about keeping your brain in tip top shape. As we get older, our brains get slower and thinking becomes more challenging. In some unfortunate folks, this goes even further and dementia or Alzheimer's may develop. Just like we need to exercise our bodies to keep in optimal physical shape, we need to exercise and feed our brains to keep them in optimal intellectual shape. Just like exercise may not cure an ailment, these Minutes are not a cure for any disease. Rather, these Minutes are designed to be a preventative measure in helping avert the onset of any such calamities. This section isn't just a way to learn new things, though there is that in it, but the focus is on keeping your brain healthy and young.

The foundation of this chapter is neuroplasticity. This is a big, fancy word to mean that our brains have the ability to adapt and evolve throughout our lives through the formation of new neural pathways. This can lead to an enhancement in your quality of life by being better equipped to meet



challenges and solve problems. You'll increase your brain power and memory, making it easier to learn new things and tasks. You'll gain enhanced attention and focus as well as better refined motor skills. Mental exercises such as puzzles and games, physical exercise, diet, and good sleep all help to increase your brain's neuroplasticity.

### *What can I expect from this chapter?*

These Minutes can be categorized into three basic kinds of brain-healthy Minutes: learning, challenging the brain, and nutrition. First I'll give you examples of how you can use Minutes to learn any variety of new tasks. Next, you'll be given the opportunity to explore ways to challenge your brain through an array of activities and games. Toward the end of this chapter you'll find ways to snack your way to a better brain.

## Minute I: Ameliorate your parlance

I remember an episode of *Friends* where Joey discovers what a thesaurus is, though his application of it was naïve at best because he didn't understand that synonyms are not merely substitutions. Each synonym has to be taken in context of its original definition. Improve your vocabulary by using a word-a-day calendar, buy some SAT/GRE/etc. flashcards, or make your own flashcards. Take one Minute a day to learn a new word, and use that word as often as you can throughout the day. See if that word could work as a synonym in something you're reading that day or week. Learning new vocabulary will help flex those brain muscles and keep your mind young and healthy!

## Minute 2: Learn a foreign language

I fell in love with languages from the first day of French in ninth grade. There was something magical about it all — the sounds, the grammar, the relationships between words, etc. It felt almost exotic, like learning some secret code that only an elite few were privy to. Beyond that, the way a foreign language massages your brain is something amazing. You first begin by thinking that you simply auto-translate between languages in order to communicate. Indeed, this is how many students approach learning a language at first. If a student doesn't evolve beyond this approach, continuing to learn the language becomes frustrating and overly arduous. Instead, your mind must stop translating and simply understand what is being said and it is able to construct sentences without worrying about conjugating verb tenses or selecting words and arranging them. Simply put, you just speak the language. When you learn a third, a fourth, etc. language, your brain develops new methods of pattern recognition and analysis. Additionally, over the millennia English has arguably incorporated more foreign languages into its vocabulary than any other language. By learning a foreign language, it may improve your English vocabulary as well. Each month or so, make a collection of flashcards to use. The simplest ones are vocabulary - English to Foreign Language and vice versa, but you can also have flashcards that review grammar rules (e.g., declension endings in German) or translations (1-2 short sentences). If you have a book that has exercises in it, break those up into flashcards that you can review one Minute at a time.

## Minute 3: Learn an instrument (or hobby)

This Minute doesn't necessarily have to be a musical instrument, but it simply has to be anything that you have to memorize specific information in order to learn it. For an instrument, you can make flashcards for fingerings or chords. To improve your sight-reading ability, you could jot down a few stanzas that you have to hum or whistle. If you're not interested in music, you could make a stack of flashcards with needling techniques for knitting, basic recipes for baking, the parts of a car engine, organic functional groups for MCAT review, gardening pests/diseases and remedies, swimming strokes, etc. Whatever it is that you want to learn, make some flashcards and begin learning it one Minute at a time. Remember, learning new things helps keep your mind healthy and strong.

## Minute 4: Learn a book

This takes Minute 3 just one step further, and you may want to use Minute 3 and 4 together. Minute 4 has the same goal as Minute 3 — to learn something new. But, Minute 4 does so by reading a book. This can be learning a new activity or just learning something factual. For example, let's say that you've always wanted to learn to fly a small plane. Of course, you'll need to take classes and lessons to actually become licensed, but before you spend money on such a huge expense, you might want to learn the basics on your own. You grab a book from your local library or bookstore and become overwhelmed. It's too much to learn and it'll take too much time. Instead, attack the book one (or two) Minute(s) at a time. Don't read it chapter by chapter, but read it one section (or even one paragraph!) at a time. Sure, it'll take a while, but if you're in no rush to learn the material by a given deadline then this will work just fine. You could apply this same method to reading about the history of the French Revolution or learning the fundamentals of quantum mechanics. It merely takes one Minute at a time to enrich your mind and make your brain happy.

## Minute 5: Learn a new game

Yes, learning a new game could be something you do for Minute 4, but learning a new game has some additional benefits. Mainly, playing a game requires strategy, which requires analytical skills. Additionally, playing a game is (usually) a social activity. As a social species, socializing is crucial to maintaining proper psychological and physiological health. If the game requires physical exertion, then the exercise is an added bonus. But, for this Minute, I recommend learning how to play chess or a card game. For example, Bridge is a great game for memory development. Use flashcards to learn rules, tips, and strategies that will allow you to learn the new game one Minute at a time.

## Minute 6: Review basic arithmetic

We all learned to add, subtract, multiply, and divide in elementary school. Most of us spent countless hours memorizing tables of these mathematical functions. How many of those do you remember? Do you recall what  $12 \times 9$  is?  $7 \times 8$ ?  $42/6$ ?  $36/4$ ? With a calculator as convenient as a tap on your smartphone, it may seem nearly archaic to memorize such things in today's day and age. But, reviewing and remembering your basic arithmetic will help keep those neurons in your noggin firing optimally. This will also help you in Minute 7, so take a Minute now and again to review your basic math. Flashcards are a great way to do this.

## Minute 7: Do math in your head

Don't reach for that smartphone or calculator! Instead, do the math in your head! You can always use a calculator later to double check your work, but by taking a Minute to do it in your head, you're taking a Minute to help your brain stay young and healthy. The more challenging or complex the problem, the better the workout your brain will get. When shopping, keep an estimate of costs in your head by keeping tally. Estimate the tax on the goods assuming it's all taxable at 7% (or whatever your state tax is) and add that to your tally. When checking out, how close were you to the estimate in your head? Can you calculate how much interest your savings account should accumulate this month? What is the average gas mileage in your car and estimate how many miles you think you can go with the amount of gas currently in your car. What percentage of your monthly income is for housing? Utilities? Car/Commuter expenses? Anytime you can think of a random math problem to do, take a Minute and flex those brain muscles.



## Minute 8: Convert the temperature

In the US, we use the Fahrenheit system to determine temperature. As a scientist, however, I use the celsius system, which is also the system used by just about everyone else in the world except the US. So, one math problem (Minute 7) that I like to commonly do is to convert between degrees F and C, and vice versa. My phone and anything else I can program is in celsius, but my car and everything around me is in fahrenheit, so I convert into whatever system I am not seeing. I don't do the full equation, but I do a quick estimate. If the temperature is in degrees C, double it and add 30 to get an estimate of the temperature in F. If the temperature is in degrees F, subtract 30 and then divide by two to get the estimated temperature in C. For example, if it's 10 degrees C outside,  $10 \times 2 = 20$  and  $20 + 30 = 50$  (actual = 50 degrees); if it's 60 degrees F outside,  $60 - 30 = 30$  and  $30 / 2 = 15$  (actual = 15.6 degrees). Sometimes these estimates can be off by a few degrees, but it still gives you a rough idea of what the temperature would be in the other system. Not only is this a quick and easy Minute to do, but it also familiarizes you with the Celsius temperature scale.

## Minute 9: Memorize a quote

During my freshmen year of college, I had a wall of quotes. It started with a dozen or so inspirational or funny quotes and grew exponentially throughout the year. I would collect new quotes I learned in class or heard around campus, some would be in French and even a couple in the German I was beginning to learn. The wall became a bit unmanageable and by the end of my sophomore year, it was reduced to near extinction. Why did I collect so many of these quotes? There is a beauty and eloquence to language and words that I love, and nothing demonstrates that better than a perfectly worded quote. Keep a list of quotes on your phone or in a notepad and select one or two to memorize each month, one Minute at a time. The quote can be inspirational in nature or it can be something spiritual or philosophical from a religious text or book. The choice of the quote doesn't matter as much as the act of memorizing it does. Memorizing is the mental equivalent of a gym workout, so start flexing those brain muscles.

## Minute 10: Memorize a list

List all the US Presidents in chronological order. Name the US states alphabetically. Recite the Greek alphabet. What are the 15 lanthanides in order of increasing atomic mass? Pick a topic that has meaning and relevance to you and make some kind of list from that. Then, spend a Minute now and again working on memorizing that list. Try to memorize one new list each month. The memorization exercise will help build that neuroplasticity we mentioned earlier. For an extra challenge, try to recall a list you memorized several months ago and see how you do. You could also use this trick to gauge if your memory is improving over time. The easier the recall on those old lists or the further back you go in time, the better your memory is becoming.

## Minute II: Learn a new random fact

Nearly everyone with a TV has at one point seen that famous trivia show where you're given the answer and have to come up with the question. Nearly everyone who has seen this show has wondered how those contestants know so much information about these completely random topics. The perfect contestant for such a show is someone who is a human sponge; they absorb nearly any bit of information they are exposed to. The secret is that we all can be a sponge for trivial data. It all depends on how you approach it. Some people can sit down for hours and consume books, websites, etc. Others need to do it one Minute at a time. If you took 12 random topics and devoted one month to each topic, learning it one Minute at a time, you would be a fountain of amazing recondite tidbits at the end of that year. The point is not to get you ready for some trivia show (though, you may be popular during trivia night at the local bar!), but to nurture your brain by making sure it gets its proper exercise. Learning, like memorizing, is a great way to bulk up your academic muscles.

## Minute 12: Read aloud

One of the keys to working out the brain is to do tasks that require multiple sensory inputs and/or outputs. Reading aloud is a simple one to do. I remember sitting in class hoping to be called on to read the next page. Most students were the opposite. Reading is not difficult once it has been learned, but reading and speaking those words aloud requires a bit more effort. Even in high school, where reading has been more or less mastered students still dreaded being called upon to read aloud. As an adult, when is the last time you read something aloud word for word? Sure, you may read a story to a child or something like that, but I'm talking about something a bit more complex. Pick something you're already working on in another Minute and read a paragraph of text aloud — a treatise on the American Revolution, a philosophical argument, a poem, etc. We want big words and complex sentence structure. Read it slowly and deliberately, enunciating the words and considering their context and meaning (i.e., think about what you're reading aloud). This is a simple one Minute task, but that's how easy it is to keep our brains young and pliable.

## Minute 13: Read upside down

Using our brains to analyze visual sensory input in different ways is a great workout for the brain. One easy way to do that is to turn this book upside down right now and read for one Minute. You want to read the text like you normally would, starting at the beginning of a paragraph and working through the sentences sequentially from start to end. The only difference is that the words will look different, yet similar, since they are upside down. This forces the brain to work a bit harder than it normally would. Again, don't just read words, but also interpret them as you're reading. You don't want to let your brain off too easy now, would you? So, take one Minute or so a day and read some kind of text upside down. I often grab one of my chemistry textbooks off from the shelf and open it to a random page. Not only am I working my brain by reading upside down, but I may learn an interesting fact that I hadn't known prior. Just pick something that you are unfamiliar with; reading a familiar text upside down is a bit too easy since you likely have it partially memorized or are able to predict what is going to be written. You can also read this text aloud to incorporate Minute 12 here if you'd like. Not challenging enough for you? Check out Minute 14.

## Minute 14: Read in a mirror

This Minute compliments Minute 13. Instead of reading your selected text upside down as you did in Minute 13, you read the text from a mirror instead. This is trickier than it sounds and you'll find it more challenging than reading text upside down. Want an extra challenge? Read a paragraph upside down and in a mirror! You might need a nap afterwards, or possibly an aspirin... If you speak a foreign language, take it that one extra step further for a super challenge! Of course, incorporating Minute 12 here by reading these texts aloud is another way to torture, er, I mean "work out" your brain.

## Minute 15: Write Weird

You're a reading wiz! You've mastered Minutes 13 and 14 like they were nothing. You can now read upside down, in a mirror, and even upside down in a mirror. You can even read these texts aloud and do all of these things in Mandarin Chinese, Ancient Greek, and Arabic as well. That's awesome! Another great way to challenge your brain that is similar to challenging your visual inputs is to challenge your tactile outputs. What does this mean? Instead of reading something upside down, try writing upside down as if you're writing for someone sitting across from you. I do this all the time in my office. I'll have a student sitting across from me at my desk and I'm showing them how to do a problem or something like that. So as not to disrupt their thinking by pulling the sheet away to write on it, I'll write upside down so that it's right side up for the student to see. It's a little sloppy, but I print and do it slowly. You probably won't be able to write an entire paragraph in one Minute (at least, not at first), but try 1-2 sentences one Minute at a time. If you master this, try writing as if reflected in a mirror. Leonardo da Vinci often wrote in this mirrored style. If done correctly, this mirror text will look normal when read in a mirror. You'll write right to left instead of the standard left to right. You'll also need to write each letter backwards. It'll take a little practice. However you decide to change up your tactile output, changing the way you write is a challenge that will help keep your brain young.



## Minute 16: Say the alphabet backward

I can barely say my alphabet forward, but backward? Forget about it. I give up after W. This would be a good Minute for me to challenge my brain for sure. Bonus if you can do it in the alphabet of a foreign language! If you have no problem with saying the alphabet backward, how about learning the Greek alphabet? Learn to say this one forward, then learn it backward. Learn to write the Greek alphabet as well. You could do the same with any other alphabet system that you'd care to explore — there are plenty out there.

## Minute 17: Think in a foreign language

Yes, I clearly have a thing for foreign languages, but aside from my own personal love for languages and linguistics, they do provide an excellent way to challenge and exercise our brains. If you don't know a foreign language, I hope you will use Minute 2 to learn the fundamentals of at least one foreign language. You don't have to become fluent, but learning the language is great for the brain.

Once you know a little bit, you can start to think in this foreign language. At first, it may be very limited, but you should know enough to check a Minute off your list and work out your brain. It could be as simple as having a simple conversation in your head between you and someone else where you chat about the weather or what time it is. If you speak a language more fluently, then spend a Minute thinking about a more complex topic, something that will challenge your linguistic capabilities. Instead of just thinking in the foreign language, you could speak it aloud instead. Of course, if you do this around people that would be awkward, but if you have your own office or are home alone, why not? I often speak to myself for a Minute or two in a foreign language, especially when I'm looking for something around the house or as I'm cooking/getting ready/doing a chore. I also use this Minute to learn a new word or expression if I'm doing an activity where I realize I don't know how to say it in Norwegian, for example. But, think about how differently your brain works to think "I'm speaking to him about my car" and "Je lui parle de ma voiture" (I - to him - speak - of - my

(feminine form) - car). A simple sentence that requires your brain to use different vocabulary and syntax from two different languages to create a sentence with the same meaning makes a great exercise for the brain!

## Minute 18: Write a haiku

In Minute 99, I'm going to chat about being Mindful. One simple way to be mindful is to write a haiku about what you're doing at that very moment. I remember writing these three-line poems back in elementary school. Their structure and simplicity provides an immediate sense of accomplishment and pride, and their lyrical structure is soothing to the soul in an odd way. In 17 syllables (five in the first sentence, seven in the second, and five in the last), write a haiku about what you were just doing or what you are about to do. Did you just finish a budget analysis at work? Write a haiku about it. Are you going to wash the car? Write a haiku about it. How was your shower just now? Write a haiku about it. In just a Minute or two, you'll challenge your brain to be creative, use math and phonology to retain haiku structure, and produce a simple verse to induce a bit of pride and soothing comfort.

## Minute 19: Solve a riddle

When I take those *Harry Potter* House tests, I always get mixed results. Usually I get Ravenclaw, but about 40% of the time, I'll get Hufflepuff. This leads me to wonder which one the Sorting Hat would put me in and which one I would prefer to be in. Ravenclaw sure does sound right up my alley and quite tempting, but I would hate to solve a riddle every single time I wanted to go to my room. Imagine staying up until 3 AM working on your spells and potions, your brain all mush and barely able to tackle the task of climbing stairs. All you want to do is go to bed. But, before that, you have to answer a dang riddle! No, thank you. I guess I'll have to be a Hufflepuff instead. Riddles are fun, but they are tricky. The trickier they are, the better your brain has to work and the better your workout. Buy a little riddle book or download an app, and when you have a Minute to spare, try to answer a riddle.

## Minute 20: Work on a puzzle game

Like riddles (Minute 19), puzzles are a great way to work out your brain! A crossword puzzle challenges your vocabulary (Minute 1) and are often riddle-like (Minute 19), and you can probably get a few clues figured out in a Minute. Word jumbles and word search puzzles are great ways to foster pattern recognition and works similar to the way reading in different ways (Minutes 12-14) does. You can buy cheap puzzle books almost anywhere and there are plenty of apps out there that you can use as well. You don't have to finish the puzzle in one sitting, rather tackle it one Minute at a time!

## Minute 21: Do a brainteaser

In the theme of Minutes 19 and 20, here's another great way to work those brain muscles! Brainteasers are like spatial riddles for your brain. Instead of using language to solve the riddle, you use spatial relationships. In the movie *Idiocracy*, part of the IQ test our hero Not Sure has to undertake is where you place the square peg in the square hole, etc. While simplistic now, such tests were tough for our infantile minds. Now that our minds have grown up, we still need to challenge their capacity to analyze and interpret spatial data, which is where brainteasers come into play. There are lots of little cheap games you can buy to satiate this Minute and there are lots of apps and games that are based on such brainteaser activities. These are challenging, fun, and great for the 'ole noggin.

## Minute 22: Play with a puzzle cube

A puzzle cube is a special kind of brainteaser (Minute 21), and most of use are familiar with the most famous combination puzzle, a Rubik's cube. Such puzzles combine spatial reasoning with logic and strategy to solve the puzzle. I only honestly solved such a puzzle once when I was an adolescent. If you count the times I switched stickers around (i.e., I cheated), I solved it several times! But, let's agree that we won't cheat on this (or any!) Minute. You can buy a cube, but there are apps (of course) and other online avenues to take a Minute and work on a puzzle cube.



## Minute 23: Do a puzzle

For our last puzzle-activity Minute, do a jigsaw puzzle one Minute at a time. You'll need enough room set aside somewhere at home or at work to complete a full-size puzzle. Once you have the place and have a puzzle selected, tackle it when you have a free Minute or two to spare. It helps the brain in all the ways we've already discussed, and it's something that you can easily do any time you walk past the set-up. For an extra challenge, put the puzzle together picture side down! With no help from clues that the image provides (which works visual reasoning parts of your brain), you're left solely with spatial reasoning and pattern recognition to put the puzzle together. Both approaches work the brain in slightly different ways, so try both methods. I recommend putting a puzzle together, then doing it again upside down. Afterwards, repeat with a new puzzle and continue with the pattern.

## Minute 24: Play memory

Create several lists of 8-10 completely random words. Take a Minute and study one of these lists. After the Minute is over, return to your normal activities and try not to think about the list. After at least ten minutes, see if you can recall the items on the list. Extra bonus if you can recall them in the exact order they were in on the list. As your memory improves, the more words you should be able to recall. If you find that 10 words is easy, then it's time to up your ante. Try 15 or even 20 words and see how you do with those. If that gets too easy, then turn to a foreign language and use foreign vocabulary.

## Minute 25: Play recall

Take this Minute to think back to the very first person you interacted with when you left the house this morning. Was it the gas station attendant? Bank teller? Drive-thru cashier? Co-worker? Whoever it was, try to recall 3-5 specific details about them. What color/style of top were they wearing? Did they have on any jewelry? Were they wearing a hat or scarf? Did they wear glasses? Did they have manicured nails? Try to recall as many details as you can, but try to get at least 3-5. You can take a Minute and play recall with almost anything you can think of.

## Minute 26: Look upside down

Take a framed photo in your home or office and turn it upside down for a week. This prevents your brain from instantly categorizing and labeling items in the photo. Instead, your brain is forced to analyze the photo for shapes and colors in order to establish relationships for pattern recognition. In short, it challenges your brain to think for a Minute rather than automatically identifying items in the photo. During the week, spend a Minute looking at the photo every now and again.

## Minute 27: Rearrange an area

Whether it's rearranging the office or living room furniture or rearranging your desk or photos on the mantle, the act of rearranging your surroundings does your mind some good. Your mind gets used to where things are. Soon your brain gets lazy, it saves energy and stops recognizing and processing items in your environment. To help keep your brain on its toes, take a Minute and rearrange your work area or some other place in your home or work environment. It forces your brain to adjust to new surroundings and form new memories. Try to rearrange something about once a week or so.

## Minute 28: Do it in the dark

Please be careful if you decide to implement this Minute! This is one of those Minutes that you don't try to squeeze in when you can. Instead, some of these Minutes are going to be ways to change or augment a daily activity in order to improve your body or mind. An excellent way to challenge our brains to help keep them young is to remove one of your senses when doing a task you do every day. For example, turn off the light or close your eyes when taking a shower or putting on your clothes. This will force your brain to push its limits of spacial recognition, exercising it in the process. What other kind of exercise can you do that doesn't even make you sweat?! For an extra challenge, take away two senses. Try doing the same routine in the dark and in silence by using ear plugs. Remember — be careful!

## Minute 29: Walk backward

Walking backward has all the cardiovascular benefits of walking forward, but with a few extra bonuses. Since walking backward is unnatural for us, it involves using your noggin to evaluate the area around you to prevent from running into things and to help with navigation in general. You're also activating different muscle groups in the legs, giving a little workout to these lesser-used ones. If you have issues with balance, walking backward can help with that. It can also help rehabilitate knees after injury and it can even improve your walking form. All these benefits can be yours, one Minute at a time.

## Minute 30: Use your non-dominant hand

One evening in high school I was sitting at the kitchen counter doing my homework while eating. This is something I routinely did, but this night my mother took notice (probably because it was one of those rare occasions where my brother was actually doing his homework as well). She insisted we put the books away until after we were done eating because you can't eat and write at the same time. My brother didn't need much persuasion to put his materials away, but I insisted that I could do both simultaneously. You see, I've always had a hard time answering the "are you right or left handed" question. I'm not ambidextrous (with most things), but my handedness is activity dependent. I write with my right hand. I swing a bat with my right hand. I chop food with my right hand. However, I eat and cook with my left hand, I play pool and sweep the floor with my left hand, and I do about 40% of my daily activities left-handed. So, I can effectively eat and write at the same time with no issue!

However, one time I wanted to test if I could switch handedness on an activity. I chose brushing my teeth after an article I had read about someone doing that as well. It was awkward at first, but after a week or two, it felt almost natural. I now brush my teeth left-handed and it feels strange and clumsy if I try it with my right hand. I'm not saying that you should go out and change your handedness, but do challenge yourself once in a while by taking a Minute and doing some activity with your non-dominant hand. This forces your brain to work differently, exercising it in the process. Try copying



lines of text or eating soup with your non-dominant hand for a Minute every once in a while. It's a great and easy way to give your brain a little workout.

## Minute 31: Recipe recall

Many of these Minutes revolve around improving your memory recall, and this Minute is a delicious way to help with that. Find a recipe that you want to try and take a Minute or two throughout the day to study it. Later at home, cook the recipe from memory. Start with something that is relatively easy (just a few ingredients and steps) and gradually increase the difficulty of the recipe to improve memory recall over time. Not only will you possibly have a new, delicious recipe that you can whip up whenever you'd like, but you are also taking care of your brain while learning it.

## Minute 32: Clap a new word

You may be shocked to learn (I know I was) that regular clapping can be beneficial to overall health. It can improve blood pressure, asthma, gout, lower back pain, arthritis, insomnia, immunity, depression, anxiety, handwriting, spelling, and concentration. There are over 30 acupuncture points in your palms whose activation by clapping is attributed to many of these benefits. There are two ways we're going to turn clapping into a Minute.

First, let's improve vocabulary. You can combine this Minute with Minute 1 or Minute 2 in order to learn a new word by clapping it (either in English or another language). To clap the word, you'll clap for vowels and slap your knee for consonants. Clap the word several times over the course of a minute or so, focusing on its spelling and meaning for the entire Minute. Repeat this Minute 2-3 more times that day and try using the new word in a sentence now and again.

If you don't feel like learning new vocabulary but still want to do this exercise, clap a whole sentence or paragraph while reading it out aloud. Clap each word as you read it.

## Minute 33: One-minute tallies

This Minute is great for learning how to divide your attention, keeping focus on more than one thing at a time. Many of us may think we're already pretty good at this. How often are you swiping through your phone while watching TV as you're keeping a conversation going with someone. You feel like you're paying attention to all three tasks simultaneously, but in reality you're missing quite a bit. Like any skill, keeping your attention focused on more than one thing at a time takes patience and practice. Some may argue that this kind of attention division is not really feasible, that we can truly only focus on one thing at a time. But, our bodies and minds were built to accept various forms of input and process them all individually in order to provide a common experience — think your five classic senses. They process sight, sound, touch, etc. to allow you to assess the environment around you.

You can do this Minute whenever you're speaking with someone or while watching TV. Listen to them speak for a minute or two and count the number of times you hear a word, see a motion, hear a number, etc. This forces you to pay attention to what the person is saying while also forcing you to process the tallies. If you do this Minute often enough, your memory and concentration skills should see a boost.

## Minute 34: Spell backward

Like walking backward, spelling backward has some surprising benefits. To enhance your memory, try this simple Minute now and again. Simply spell a word backwards. For improving memory, the longer the word, the better. But, start with short words at first and gradually increase their length and complexity. See how many words you can spell backward in one minute. You can take a Minute or two one day and prepare some lists of words in preparation for this Minute.

## Minute 35: Name game

Take one minute and name as many things as you can without repeating an item. This is another great Minute for enhancing memory. You can choose almost anything here: animals, words that start with “s”, and so on. For an extra boost, do it in a foreign language. Some items may be more difficult than others, but if you can rattle off about 20-25 of these things in one minute without repeating something you’ve already stated, you’re hitting the optimal target.

## Minute 36: Coin counting

Another memory enhancing trick involves counting a bunch of coins. Start with two different types of coins (pennies and nickels, for example) mixed together and count them one at a time. Keep count of how many of each you have as well as the running monetary total. For example, you select a penny as the first coin so you have 1 penny and 1 cent. Another penny is selected, 2 pennies and 2 cents. Next is a nickel, you now have 2 pennies and 1 nickel for 7 cents total. Another nickel brings you to 2 pennies, 2 nickels, and 12 cents. Do this for a minute or two and you've just worked on improving your memory. Nice! If two types of coins is too easy, bump it up to 3 or even 4 types of coins. Make sure to check for accuracy once your Minute is completed.

## Minute 37: N-backs

An n-back is a way to help flex those brain muscles and improve memory. To illustrate the concept, we'll use a deck of cards. Choose a target card (e.g., an ace or an 8). Shuffle the deck and flip the cards until you reach a target card. Once you have a target card, recall what the 2 cards prior were (specific or generic, e.g., a nine of spades and a queen of hearts or a nine and a queen). The "n" is the number of cards you go back to. It could be a 3-back, a 4-back, etc. The higher the number, the more of a workout your brain gets.

This can be modified in many ways. It doesn't have to be a deck of cards. For example, you could do this on a road trip. Set a timer and every time it goes off, do an n-back on exit signs (the exit names, not the numbers). Are there any obvious times in your daily life where you can incorporate an n-back?



## Minute 38: Tangrams

Tangrams are puzzles where you arrange seven simple polygons (called tans) into various shapes and designs. Traditionally made of wood, there are now apps that offer tangram puzzles and games. These puzzles are great for working on three-dimensional reasoning and abstract thinking. Take that pile of squares, triangles, and parallelograms and create cats, birds, planes, trees, shirts, dancing people, etc. Create your own designs, use a puzzle book, or download an app. These little puzzles are great when you need a quick break from work without wanting to dull the brain with a rest. What kind of interesting designs can you make from your tangram?

## Minute 39: Consider a counterargument

I'm a Libra. Whether you believe in astrology or not, Libras are known as being the diplomatic sign of the horoscope, striving to maintain balance and uphold justice. We have a natural knack for being able to see both sides of an argument. Take a Minute and consider a counterargument over something you feel strongly about. This serves several benefits. First, it helps you understand weaknesses or flaws in your own perspective. Filling in these holes can help solidify your beliefs and arguments. It will help you be more compassionate and understanding of the other viewpoint. Finally, it will also exercise your brain, forcing it to think of ways to undermine your own values and way of thinking. Anyone who has a strong opinion about a matter does not deserve to have that opinion if they have not fully considered both sides of the argument. You may even find that you change your mind after doing this Minute; it's happened to me once or twice in the past and I'm a better person for it (or at least I think I am). Take a Minute and challenge your beliefs.

## Minute 40: A cup of green tea

A good cup of tea takes more than a minute to make and enjoy, but the actual time you spend actively preparing a cup is less than a minute. But, do take a Minute and have a cup of green tea. Green tea has been shown to have a slew of health benefits. Green tea assists with cancer prevention, provides antioxidants, lowers cholesterol, improves cardiovascular health, assists in weight loss, helps regulate diabetes, lowers your risk for stroke, decreases inflammation, and improves brain function and memory. Remember though that too much of a good thing is a bad thing. It's a good idea not to exceed 3-4 cups a day. If you don't care for green tea, the white, oolong, and black varieties are also packed with tons of great health benefits.

## Minute 41: Nuts on the brains

In general, nuts are good for you. They are nutrient-rich, packed with fiber and antioxidants, and they can assist with weight loss. Nuts have been shown to lower cholesterol and inflammation, helping prevent heart disease and stroke. But, some nuts are also great for the brain! Nuts that are high in DHA, an omega-3 fatty acid, and/or vitamin E have been shown to enhance cognition, memory, and recall, as well as assist the brain with healing and preventing brain-related diseases like Alzheimer's. For this added brain boost, take a Minute and nosh down on walnuts, almonds, and/or hazelnuts. I like to mix in some dried fruit when I take a Minute for nuts. Dried cherries are my favorite. If you're allergic to nuts or any other foods mentioned in this book, do not eat them!

## Minute 42: A berry happy brain

There is ever mounting scientific evidence that eating berries helps your aging brain stay young. Taking a Minute to snack on some blackberries, strawberries, blueberries, raspberries, etc. packs quite the antioxidant wallop. We've mentioned the word antioxidants before, but what's so great about these? Simply put, they defend your cells and DNA from molecular attack by neutralizing chemical species known as free radicals and preventing inflammation. Berries contains some of the highest concentrations of antioxidants available in a food, though dark chocolate and pecans do trump blueberries, the berry with the highest concentration of these special molecular guardians. Berries have also been shown to change the way that neurons communicate in the brain in order to reduce inflammation and the resulting neuronal damage, improving cognition and motor control in the process. So, do yourself and your brain a favor, take a Minute to gobble down a handful of mixed berries every now and again.

## Minute 43: Chocolate Dreams

One of the most shocking things a person can hear is the phrase “I don’t like chocolate.” I mean, who in their right mind wouldn’t like chocolate?! Not only is it delicious, but it’s also nutritious (lots of fiber and minerals) and full of health benefits. Of course, for the best benefits you want to minimize the bad stuff that they add to chocolate, opting instead for a dark chocolate with a high cocoa percentage (I like 70% myself).

Not only do you love chocolate, but your heart does as well. The antioxidants found in chocolate is believed to reduce the risk of heart disease and even some cancers. It’s been shown to be beneficial to cholesterol levels and could improve blood flow and blood pressure. Brain function and skin health also benefit from this glorious roasted seed. But, again, the caveat here is that the benefits come from chocolate itself, not all the sugar and fat added into candy bars, so limit your selection to those scrumptious dark chocolate bars.

## Minute 44: Massage your brain

There are both physical and nonphysical ways that we can massage that massive organ sloshing around in our noggins. Take a Minute and give yourself a quick head massage. You can use a store-bought massager to do this, or you can massage your own head. Use small, gentle, circular motions on your temples and move toward the base of your skull, going firmer on your neck. Finish by using the heels of your hands to massage your temples and forehead with light pressure. Alternatively or in addition to, you could give yourself a quick Minute brain massage. For example, using gamma and delta waves relaxes your brain and stimulates stress reduction. Other audio options have been shown to stimulate other brainwave patterns as well. There are many of these recordings available free and commercially; just look around and find the one(s) that work best for you. For a third option, do both - massage and audio. Your brain will thank you for it. One Minute is all it takes to treat your mind to the equivalent of a day at the spa.

### **3 ~ Body — A Minute for Your Physical Self**

*I'm not into exercising, but I bet you're going to tell me I need to...*

Yup, you're right! None of us like to exercise, but it does a body good! I don't hate the gym, but I don't like the gym either. I am not against going to a gym, and used to rather enjoy it when I was in my 20s. But, it's harder and harder to find the time and motivation to go. I'm sure it's the same for many people out there. Even if you're not worried about your physical health, you should be. However, don't think it's all just about getting your heartbeat up and keeping things flexible, exercising also does a mind good. You'll feel better and have more energy throughout the day. This means that you'll be more motivated to keep up your Minutes to live the best life you can. So, don't think of this as working the body, but as the foundation for fortifying your holistic self.

*I have a physically demanding job already, the last thing I want to do is be even more physical!*

Not a problem. The goal of the Minutes is to build a better you by achieving a work-life balance by taking



advantage of those tiny lost moments that add up to significant time wasted. If your work life is exercise enough, then you can skip the squats. But, there are several basic stretches and yoga poses that you can do and should try. These exercises are not only great for stretching, but they are also very calming and relaxing, perfect after a long day of hard physical exertion.

### *What's all in this chapter?*

This chapter encompasses three general sections. There are exercises that can be done at home or in the office. These are particularly great for people who sit at a desk for a good portion of the day. It will force you to get out of the chair and be active for a minute every now and again. Another section focuses on stretching. But first we'll introduce Minutes that focus on habits you can do to further promote good physical well being. Check with a medical professional before undertaking any of these Minutes.

## Minute 45: Take the stairs

I avoid elevators whenever I can. I always have. I'm not afraid of elevators or anything like that, but I don't enjoy the passivity of the process. It's also uncomfortable being in an elevator with strangers; it's one of the greatest mysteries of life as to why. Why would you want to take an elevator anyway when the stairs provide a prime opportunity to check off one of your daily Minutes. My office on campus is on the third floor, I often teach on the third floor of an adjacent building, and my apartment is on the second floor. All of this conveniently forces me to get some good exercise in each day. Even if you don't have stairs to climb in your daily routine, find some to climb somewhere.

There are two ways to tackle the stairs. You can effectively sprint up them, light on your feet, rising as quickly as possible without actually racing. This is a great way to get your heartbeat racing for a cardio boost. The other way to take the stairs is the "normal" way, slow and steady. Each step should be firmly planted on the next step before taking the next one. Use your entire leg from calf to buttocks to lift your body with a focus on building and strengthening those muscles. Do it deliberately and slowly, but not too slow that you'll cause a traffic jam if others are in the stairwell.

## Minute 46: Park faraway

One of the easiest ways you can fit in a Minute of exercise without any effort is to park at the far end of parking lots when doing your errands. It used to drive me insane the way my mother or grandmother would circle that parking lot to get the closest spot possible. In my mind, it would have been faster to park in one of the empty, far spots and walk that distance rather than roaming the parking lot like sharks circling prey. I vowed that when I was able to drive, I would not be one of those people.

The benefits! It's not just those extra steps that you're putting in, though that is the primary reason to use this Minute every chance you can. You save time, effort, gas/money, and frustration by taking one of those far away, often first-passed spots. Sure, the savings may not be significant at all, but they are still savings. There is also a less likely chance that someone will park directly next to your car, reducing the likelihood of dings and scratches from inconsiderate and careless folks. You can also double down on this Minute and use that tiny walk to clear your mind, take cleansing breathes, or admire the beauty around you (Minutes 85, 83/84, and 96/102, respectively).

## Minute 47: Pace on the phone

I'm not a phone person. It's not that I mind idle conversation; the social libra within me craves human interactions. But, I can't get those on the phone. The phone, to me, is impersonal and phone calls distract me from what I'm already doing. Since I'm so busy that I have to plan activities around my free **minutes**, I regard phone calls as an unwelcome guest. They do serve their purpose and I don't mind using the phone if there is an actual need for it. But, I don't like to waste that time, either. So, instead of letting my time on the phone wither away, I take a proactive stance. If the phone rings, I jump to my feet and pace until the conversation is over. The impact of this one lifestyle adaptation may seem unworthy of any effort, but remember that Minutes are additive. A few phones calls across a busy work day could add up to an hour or two of pacing, which after all is just another way of saying "walking". If your phone rings, hop up and add this Minute to your daily tracker.

## Minute 48: Nibble on a healthy snack

We've already shared some Minutes related to this — noshing for brain health (Minutes 41, 42, and 43) — but this Minute is different, so bear with me and don't skip it.

This is how it used to go for me: I'd pack a lunch for work and place several healthy snacks in there. The idea was that whenever I was hungry, I'd nosh down on a carrot stick instead of running out to the vending machine. Yeah, that never worked. By the time I was hungry for a snack, I wanted something salty, fatty, and/or sweet. All those carrots, grapes, apple slices, etc. just went to waste every single day. Then one day I was sitting in my office and I was just a little bit hungry, probably more from boredom and wanting a break from the mundane. I grabbed the carrots and ate the whole bag. I didn't feel the need to eat again until lunch. That afternoon, I did the same thing with some nuts. I found that the way around attacking the vending machine was to eat those snacks before I actually wanted them. So take a Minute and nosh down on something healthy before you get the urge to binge on junk food.

## Minute 49: Drink a glass of water

I'm sure many of you were raised with the classic adage of needing to drink eight glasses of water a day. Many argue the validity of this number, questioning how it was derived. Some claim that eight glasses isn't enough, while others debate how large of a glass we're talking about. Regardless of the minute (haha) details, everyone agrees that most people do not maintain proper hydration throughout the day. I'm very guilty of this one. Even as I type this, I'm sitting here with cottonmouth half wanting to go make my morning cup of coffee, but the other part doesn't want to pull away from the writing for a Minute break. But, I'm going to do so right now and so should you.

Take a Minute and have a glass of water, especially if you're not thirsty (they say by the time you're thirsty, you're already dehydrated). Instead of focusing on how much water you should be drinking, focus your attention to the color of your pee. Yes, urine color is a great indicator of your hydration levels - you want it to have just a barely perceptible yellow tint to the liquid, almost to the point of where it's clear. If your urine is completely clear, you may be over hydrating. Indeed, you can get sick or even die by consuming too much water!

I try to aim for about 100 oz a day with a minimum goal of 60 oz. While some will swear that this liquid must be pure, unadulterated water, others claim that any "clear", sweetener-free beverage is sufficient — black coffee, unsweetened iced

tea, and hot teas will all be considered equivalent to “water” for this Minute.

## Minute 50: Side leg raises

It's time to spend a few Minutes focusing on keeping your body as strong as your mind. Side leg raises are a simple exercise to kickstart your day. Find a chair or something that you can use for support. Stand straight and use your right hand to support you while you slowly raise your left leg to your side, right knee slightly bent in the process. Hold for 5-10 seconds and then slowly lower the leg to the floor. Repeat two more times and then switch sides, doing the exercise three times with your right leg now. In just one Minute, you've already taken a positive step to building a better you with this one, simple exercise!



## Minute 51: Toe kicks

Toe kicks are the slightly older cousin of the side leg raises (Minute 50), a little more advanced in difficulty, but not too much. You're going to take a quick one minute stroll, or alternatively, this is an exercise you can easily add to any walk that you're already taking.

While walking, extend your arms out in front of you. With each step, kick that foot up toward the opposite hand (right foot to left hand or vice versa), alternating as you progress in your walk. Do for at least one minute and you've earned another Minute toward your daily goal.

## Minute 52: (Reverse) Crunches

The crunch is often synonymous with a sit-up, though the two do differ slightly. No matter what we call these though, we're going to spend a Minute working on abs for building a stronger core. Lie down onto a yoga mat or something similar and bring your knees up with your feet flat on the floor. Next, you'll want to find the proper position for your hands. I prefer to keep my hands crossed over my chest, others prefer to clasp behind their neck or head. If you do place your hands in a supporting fashion, you need to make sure that you're using your abs to do the work and not your arms and shoulders. Slowly raise your upper body upward until your shoulders and about half of your back have lifted from the floor while exhaling. Hold your breath for a second at the top, then breath in as you slowly and deliberately lower your body back to the ground. Repeat this until your Minute is up!

For reverse crunches, start out the same way but do not bring your knees up so that you're lying completely flat on the ground. Now, use your lower abs to lift your legs as high as you can, hold, then lower them at the same rate as you lifted them, inhaling on the lift and exhaling on the lowering. If this is difficult at first, try bending the knees a bit similar to a normal crunch (but with feet off the ground) and crunch back from there.

## Minute 53: Bicycle kicks

This Minute combines the normal crunch and reverse crunch into one move. You'll start in your normal crunch position with knees lifted and you'll need to place your hands behind your head. I actually place just my fingertips on my skull behind the ears; this provides support without the temptation of using your arms to assist with the lift. For one kick, you'll want to do a normal crunch and reverse crunch at the same time, but using only one arm and leg. As you're raising your body, move your left elbow inward toward the belly button while bringing your right knee in toward the chest so that the elbow and knee tap each other above your central chest region. As you lower your left elbow back to the ground and extend out your right knee, you'll want to lift your right elbow as you bring in the left knee to intercept it. Throughout this exercise, your shoulders and legs should have little to no contact with the ground and your legs should mimic the circular motion of riding a bicycle. For an easier version, you can skip the "crunch" aspect and focus on just doing the bicycle-like motion with your legs. You'll be surprised just how great of a workout this is in just a Minute's time.

## Minute 54: Jumping Jacks

I think pretty much everyone knows how to do a jumping jack. Take a Minute and do as many as you can, as quickly as you can, elevating that heart rate and getting blood pumping through the body. If you're unfamiliar with how to do a jumping jack, it's a jumping up and down motion. With your feet together and your arms by your sides, jump up while extending your feet outward and raising your arms above your head. As you fall back to the ground, bring your feet back together while lowering your arms at the same time. Repeat for a Minute at as fast of a pace as you can muster.

## Minute 55: Plank

The plank is the classic “core” exercise. The core is an important and often overlooked group of muscles when it comes to exercise. Your core encompasses all the muscles in your midsection — abs, back, and sides. Having a strong core is important to performing a large variety of physical activities and to help prevent injury, maintain proper posture, and avoid back pain. When most people think of exercises, they think of actively moving and stretching muscles, but not all muscle conditioning involves this type of movement. The plank is an excellent example of an isotonic, or static, exercise. It’s an exercise that involves no movement. No movement, however, does not mean that it’s an easy exercise. If you’ve never done the plank before, you will struggle and likely even fail doing it for a full minute. That’s ok! Just try doing it as long as you can and eventually you’ll be able to do it for a full minute or even longer.

To do the plank, lie down on your stomach (with a yoga mat or something similar underneath if desired). You will want to lift your body off the ground, supporting your weight on your forearms and toes. Your forearms and biceps should be at right angles, and your abs and glutes drawn in tight to keep the body taught. Your goal is to keep your back straight while supporting your weight using your core muscles without shaking. If you haven’t done this before (or it’s been a long time), you will likely shake quite a bit. Focus on locking your core muscles taut in order to minimize the shaking as much as you can. An ideal Minute for this exercise is 60-90 seconds. If

you can hold it that long without shaking, you have a strong core. Exercise it daily to keep it strong, just one Minute at day.

## Minute 56: Side plank hip drop

Did you think that the plank was a bit rough? Wait until you try out the side plank hip drop. Get down and lie on your side, extending your left forearm out for support and resting your right arm along the length of your body. Your right foot should be resting on top of the left. While pushing down on your forearm, lift your hips until your body is in a straight alignment. Hold for ten seconds and slowly drop your hip back to the ground. Repeat two more times. Switch sides and do this exercise three more times. To increase the difficulty a bit, you can adjust the length of time you stay in the lifted position or add extra time to this Minute to increase the number of dips.

## Minute 57: Flutter kicks

Grab a yoga mat or something similar and lie down flat on the ground. Lift your legs until they are just off the floor. You have two options on how to advance from here. For a more cardio type of workout, begin kicking your legs in the air as quickly as you would like. Be sure not to make contact with the floor and to keep the legs elevated at all times. The second way you could do this exercise is to focus more on stretching and strength building. In this method, slowly raise one leg as high as you can while keeping the other one parallel (but elevated) to the floor. As you begin to slowly lower the leg, begin slowly lifting the alternate leg. Repeat until your Minute is up! The major difference between the two is speed. If these movements puts some undue stress on your lower back, try placing your hands under your buttocks for additional support.



## Minute 58: Mountain climbers

For this exercise, begin in the position to do a push-up (Minute 64). Bring your right leg to your chest and kick it back out as you bring the left leg in toward your chest. Repeat this motion as quickly as you can for one Minute. The first few times you do this, it might be a bit awkward and slow, but you'll eventually get the hang of it and will be "mountain climbing" in no time at all!

## Minute 59: Squats

Squats are a great and easy lower body workout. Stand straight with your legs shoulder-width apart. While keeping your back as straight as possible, slowly lower yourself into a seating position where your buttocks are nearly parallel to the ground, then rise again. Do not arch the back or lift your feet from the floor. Repeat until your Minute is done. You should feel the burn in your upper legs, thighs, and booty. While a simple exercise, there are ways to do it wrong. Many beginners will use their knees to do the work, but you'll want to use your upper legs. Don't bend the knees, rather take a seat! Your butt should move backward and you'll feel your weight shift to your heels, so be certain not to lift them off the floor. If they get easy, you can hold dumbbells (or anything with some weight) in each hand to make the exercise more difficult. One Minute of these a day will help build a strong and lean lower body.

## Minute 60: Lunges

Lunges are similar to squats (Minute 59), but there's a bit more motion and movement to them. The same muscles are being worked (legs, thighs, buttocks), just in a slightly different way. You'll start out standing straight with your feet shoulder-width apart. I like to place my hands on my hips, but this is not necessary. Now, take a step forward while lowering your other knee until it almost touches the ground. At this point, both knees should be bent at nearly right angles. Hold for a second or two here and then lift yourself back to the standing position. Repeat using your other leg and switch back and forth until the Minute is done. If these are too easy, you can throw some dumbbells or heavy books into your hands to increase the difficulty level.

## Minute 61: Calf raises

This is a simple exercise to work and stretch out your calf muscles. Not only do your calves provide stability, but they are an important muscle group for runners. Stand up straight and then lift your heels off the floor until you're on your tippy-toes. Hold for a second or two, then slowly lower your heels back to the ground. Repeat this until your Minute is over. You will feel your calves get a good workout, but if you feel that it's too easy, try doing more or holding a dumbbell or other heavy item in your hands while doing it.

## Minute 62: High knees

High knees look a lot like running in place, but they are slightly different. This exercise is a fast-paced one designed to boost your heart rate and work your core and lower body. While keeping your core taut, you'll want to quickly raise one leg until your knee is at waist height. While that leg is lowering, you'll begin lifting your next leg. It happens quickly, which is why it will look like running, but high knees involve raising your legs higher than you would in a run and you want to keep the upper body as still as you can. I will often hold my arms out in front of me at waist height so my knees will hit my open palms when they reach the proper height.

## Minute 63: Chair tricep dips

To work your triceps for a Minute, you'll need a sturdy chair (or a bench park if outside). Push your chair against a wall if possible and take a seat. Grip the edge of the chair and scoot off it with your legs out straight and arms locked. Lower yourself until your elbows are nearly at a right angle and push yourself back up to the starting position. Do the motion slowly with deliberation and repeat for your Minute. If you don't have a chair or find the chair too difficult at first, you can use the edge of your desk in a similar fashion.

## Minute 64: Push ups

The push up is a great exercise that not only builds upper body strength, but it works your core as well. While I hated these in high school due to a painful ganglion cyst in my right wrist, I have learned to appreciate this simple exercise for the huge benefit it gives you. You want to start out lying prone on the ground with your hands flat on the floor under your shoulders. Elevate your body until it is just off the ground — this is your starting position. Your upper arms should be right up flat against your body. From here, use your arms and upper body muscles (shoulder, chest) to lift your body until your arms are fully extended, then lower them back to the starting position. Repeat for your Minute, being certain to keep your body from the ground and back straight during the entire exercise.

There are many variations on this exercise. Instead of having my hands flat against the floor, I form a fist and do push ups from my fist instead. This does make the exercise a little more difficult, but it was the only way I could do them when I had the cyst. To make the exercise easier at first, you can leave your lower body (from the waist down) on the floor and lift only your upper body instead of your whole body. Other variations exist, so if you get bored with the generic push up, google around and try some other ones that are more challenging for you.

## Minute 65: Wall sit

Like the plank (Minute 55), the wall sit is an isometric exercise, but this one focuses on the lower body rather than the core. It's a simple position. You want to sit against a wall, but without a chair and using the wall as your back support. You should be lowered to where your knees are waist level as if you were in a seated position. Your back should be pressed against the wall and you can either place your hands against the wall as well or hold them out in front of you for a little added challenge. With strong muscles, you should be able to hold this for a solid 30-60 second Minute, but beginners may find that 10-15 seconds is all that they can handle. That's a perfect time to hold the pose and you can get 3-4 of reps in during your Minute.



## Minute 66: Walking lap

Stand up and take a brisk walk to anywhere — the water fountain, the bathroom, the building entrance, wherever. Just get those legs moving for about a minute as quickly as you can without entering a jog. Get the heart pumping a little and those leg muscles stretched out. I try to take a one Minute walking lap about every 20-30 minutes while at work.

## Minute 67: Jog in place

Take Minute 66 one step further and jog in place for one minute. It serves the same purpose as the one minute walk (Minute 66), but the heart will pump a little faster and you'll get a little more aerobic activity out of this.

## Minute 68: Hula hoop

The hula hoop — a circle of plastic that guarantees hip swishing on par with the master Kuma Hulas if only you can keep the plastic in perpetual motion about the shaker's hips. The large hoop and necessity to keep it in constant body contact requires a concerted swaying action that is as much physical exercise as it is mental. I'm definitely not a Kuma Hula and it's rare that I can finish one revolution of the hoop before it falls to the ground, but I see the benefits. You're moving and shaking for cardio activity, you're stretching and working your core to maintain constant hula hoop contact, and your brain stays acutely focused on mind-body coordination giving your noggin a run for its money. All of these benefits and it only takes a Minute to stimulate them!

## Minute 69: Ménagement à trois

Take any three of these exercise Minutes (50-68) and do 20 seconds of each over the course of one minute. It's like the shortest triathlon in the world. Transition as quickly as you can between the exercises. Remember — try to do something active for a few Minutes each hour or so. Now it's time to shift our focus to stretching.

## Minute 70: Neck and shoulders

Sitting at a desk or on the couch for any extended period of time can lead to cramped necks and shoulders. We've all experienced them. To help prevent this, you should take a Minute every hour or so you're seated to address these areas. Start by rolling your shoulders for about 20 seconds, forward and/or backward, keeping your hands at your side or extending them out. For the next 20 seconds, you're going to do an isotonic exercise for your neck. Lower your head slightly and place your forehead into the palm of your hands. Push your head back with your hands but resist using your neck muscles. After ten seconds, place your hands on the back of your head and push it downward, again resisting the movement with the muscles of your neck for ten seconds. Now, back to the shoulders for the last 20 seconds — push your chest out and shoulders back until your shoulder blades are as close together as possible and hold, repeating 3-5 times until the 20 seconds are up. This one Minute every now and again when sitting will help to keep any cramps or soreness at bay.

## Minute 71: Arm stretch

A simple stretch for an easy Minute in your day. Stand up with your feet slightly apart and bring your right arm across your chest. Grab your right forearm with your left hand and push back on your right arm to feel the stretch. Hold the stretch for ten seconds and repeat using your left arm across your chest. Do this cycle three more times.

## Minute 72: Bridge stretch

Lie down on your back as if preparing to do a sit-up (Minute 52), bending your knees and keeping your arms and feet flat on the floor. Lift your hips while pushing your feet down, using your arms for support. Hold for 15 seconds and slowly lower back to the ground. Repeat two or three more times.

## Minute 73: Stand and stretch

Set your timer for sixty seconds, stand up, and stretch. Move around, swing your arms in a circle, stretch them over your head, bend over at the waist and touch your toes, etc. This is a free-form stand, move, and stretch. Do whatever feels right and natural without thinking about it. A lot of the other Minutes in here are specific exercises and stretches, and some of those may sneak into this freestyle Minute, but you don't want any of that to be a conscious decision. In a way, this stand and stretch Minute should also be a meditative Minute (Minute 85), clearing the mind as well as stretching out the body. Throw in some deep, cleansing breathes (Minutes 83 and 84) as well and you have yourself an ideal trifecta of Minutes!



## Minute 74: Yoga Standing Side Bend

This is probably the simplest yoga position you can think of and one that you probably do several times a week, if not daily. Stand straight with your legs shoulder-width apart. Lift your arms over your head and grasp your left wrist with your right hand. Now, bend toward the right, pulling your left arm, stretching as far as you comfortably can. Take ten deep breaths (Minute 83 or 84) then return to the starting position and repeat with your other side. Continue until your Minute is up.

## Minute 75: Yoga Standing Forward Pull

This is another yoga pose that you've been doing in some manner most of your life. It's merely bending forward and touching your toes. However, you need to be careful and do it properly. The key to this stretch is to keep your back straight and prevent it from arching. This is easier said than done, since the natural tendency will be to arch your back. I have a crappy lower back, so this stretch can sometimes be a challenge for me on bad days.

Standing straight with your legs shoulder-width apart, slowly bend over at your waist, relaxing each vertebra one at a time until your hands are touching the ground. In school, I was told to bend as far down as I could without bending my knees, but for this stretch, bending the knees is OK if you need to do so. I know I do. You just want to stretch as far as you can and touch the floor. But, if you just want to bend down as far as you can without bending the knees and touching the floor, that's fine too. Furthermore, if you have trouble bending the knees and/or keeping your back straight in the process, stack a pile of books or something similar in front of you and stretch forward until you're touching that. Eventually, you may be able to touch the ground without bending your knees, but I'm definitely nowhere near that yet. Once you do reach the bottom, take 5-10 deep breaths (Minutes 83 or 84) and slowly raise yourself back to the starting position, one vertebra at a time, then repeat until your Minute is finished.

## Minute 76: Yoga Downward Dog

This yoga pose is probably the most widely known of them all, inspired by the way Human's Best Friend does its stretches. When my Baxter was alive, every morning he woke up and we did our "puppy yoga" together. He did his downward dogs as I did my simple arms-over-the-head style of morning stretch as I climbed out of bed. I'm not very flexible and with a funky lower back, this one is a bit of a challenge for me now, though I was able to do it relatively easily when I was younger.

Start on your hands and knees. Reach your hands out in front of you with your palms flat on the ground and lift your upper body from the floor. Now, tuck your toes and bring your knees off the ground while lifting your hips. Straighten your arms and legs, but do not lock them. You want your back straight (not arched) and your body should make an upside down V shape. Rotate your arms and legs in slightly, feeling the stretch through your entire body. Do your breathing (Minute 83 or 84) and hold this position until your Minute is up. To add a little bit of difficulty and stretch a bit farther, push up onto your fingertips and/or lower your heels.

## Minute 77: Yoga Cobra

Along with Downward Dog (Minute 76), this is one of the most commonly recognized yoga positions. It's also the perfect compliment to the Downward Dog, so consider combining the two into one Minute or doing two Minutes to cover both stretches. Begin by lying flat on your stomach with your toes pointed behind you. Place your hands palm-side down in front of you, roughly at should-width or slightly wider. Now raise your upper body through your navel as high and far back as you can while pressing down on your lower body to keep it firmly planted. Tilt your head back, pushing your chin out, and roll your shoulders back. Hold this position for 10-15 seconds and relax. Repeat for your Minute, being mindful to do deep, steady breaths (Minute 83 or 84).

## Minute 78: Yoga Seated Forward Fold

This is another easy yoga pose that you have likely done at various points in your life and didn't even realize you were doing yoga! Start by taking a seat on the floor with your legs extended straight out in front of you. If you're relatively new to yoga and/or stretching, you may want to bend your knees slightly to make this a bit easier at first. Now, lift your arms over your head and then bend slowly forward, one vertebra at a time, at the hips (not the waist) until you touch your feet. Hold this pose for your Minute, being ever mindful of your breathing (Minute 83 or 84).

## Minute 79: Yoga Child's Pose

The Child's Pose is commonly used as a "breather" in between more intense poses, giving the yoga practitioner a little time to relax the body before beginning the next position. As such, this is one of the simpler poses to do, yet it still provides all the wonderful benefits that yoga and deep breathing can provide. Begin on the floor in a seated position with your legs folded underneath you. Keep your feet together and place your hands on your thighs. Now extend your body forward, lowering your head to your knees and reaching ahead of you with your arms, palms on the ground. Your back may be straightened or arched, depending on what is more comfortable. Now you simply hold this position for one Minute being mindful of your breathing technique (Minute 83 or 84).

## 4 ~ Life & Soul — A Minute for Your Living Self

### *What's this chapter all about?*

These are Minutes where you are nurturing your life, both your physical, daily life and your spiritual life. Some of these are simply helping make chores seem less daunting to providing ways to make your home more livable. They may not necessarily be fun, but even the Living Minutes can't escape some of the more mundane aspects of life. Others of these are Minutes to make sure that you take care of your soul as well. We aren't (necessarily) talking about religion here, but rather a few universal techniques to help you in however you address your spiritual needs. Even if you're an atheist (which is totally fine), these Minutes will help you live a more peaceful life. Who wouldn't want that?

### *What kind of minutes can I expect?*

We'll start with Minutes that are designed to nurture your soul. Several of these are among my essential daily Minutes. Then we transition into Minutes that will help reduce general stress and anxiety, a little respite for the soul. We end with chore Minutes. None of us like to do the little things

around the house that need to be done, but a tidy home is a happy home. A clean and orderly environment triggers stress and tension reduction while stimulating creativity. It just sucks that it takes so much of our precious free time to keep things neat and tidy. Instead, try tackling as many of your chores as you can, one Minute at a time in order to reduce the chunks of time you need to devote to these things. We'll end our exploration of the Living Minutes with a few special ones.



## Minute 80: Gratitude

Be grateful for the blessings in your life. Whether you believe in divine intervention or random chance, we all have some aspects of our lives that we can be grateful for. Just the mere fact of being alive and healthy is something that I am grateful for every single day. Being grateful is more than just expressing sincere, heart-felt gratitude, it's also about changing your attitude. It's easy to complain and whine about what sucks. I dare say it's second nature for humans to focus on the negative rather than the positive. By being grateful for what we do have, we shift the attention away from what we don't have and what we desire.

There are likely dozens of things to be grateful for on a daily basis, but each of those days also brings their own unique opportunities to be grateful. I'm grateful to be alive every day and I give thanks out into the Universe and Creation for this, but I'm also very grateful that I was able to avoid the jerk that was trying to run me off the road by merging into my lane where I was (this happens so often that this one is practically a daily gratitude!)

I once read about carrying around a gratitude rock in your pocket. Every time you reach into your pocket and feel it, you have to stop and give thanks for something. Mine is a piece of sea glass I picked up in Fort Bragg, CA during a road trip with a dear friend when I was a post-doc. It not only brings up memories of him and that trip, but it reminds me to give thanks for all the glorious wonders that I experience every day

of my life. If you are having difficulty in finding something to be grateful for, find something beautiful in nature or art around you and be grateful that you are able to experience that beauty. This is one Minute that you should do every day, several times a day.

## Minute 81: Rock around the house

This is a fun way to get the entire household or work place involved in Minute 80. Remember your gratitude rock from Minute 80? We're going to do a version of that holiday game involving Santa's little helpers and shelves. Find another rock or some other object that you can hide around the house or office. Anytime someone comes across the rock, they have to take a moment to be grateful for something in their life. If others are around, they are encouraged to share their gratitude with those present by telling them what they're grateful for. You can change its location daily or have each person who finds it hide it somewhere else.

## Minute 82: Daydream

Minute 82 is truly the inspiration for this book. Like many Americans, one of my very first jobs was at McDonalds, where they taught us that if we had time to lean, we had time to clean. I completely agreed with this philosophy and it never bothered me — if I'm being paid to work, I should be working. But, a lot of daydreaming can be done during those monotonous cleanings. You should spend at least one Minute per day daydreaming about the life that you want to have. Even if you have the perfect life, you can always daydream about what you want to do that weekend or where you may want to eat that evening.

The point of this Minute is to give yourself something to live for, something to look forward to. It's when we forget to live that we begin to die and daydreams give us the desire to keep on living. My daydreams often involve travels to faraway places, including outer space, the moon, or Mars. One minute I'm sipping wine in a café in Montpellier and the next I'm shooting off for the International Space Station.

Sometimes these daydreams are merely dreams, something that is not realistically attainable. But, why not use this Minute for productive daydreaming? There are two keys to making your daydreams productive. The first is to believe that what you are daydreaming is actually possible and the second is to think about ways to make those dreams a reality. Sure, you can always daydream just for the sake of doing so, but productive

daydreaming will help you build the very life that you will want to daydream about.

## Minute 83: Breathe

There is something inherently calming about closing your eyes for a Minute and just taking a series of deep, slow, meaningful breathes. It can help clear your mind and connect you to your body and soul. Deep breathing, in general, has a slew of health benefits. When done for a Minute, its primary function is to induce calm, lessen stress, and reduce tension. But, done habitually, deep breathing can also work to help relieve pain, detox the body, strengthen the immune system, improve digestion, lower blood pressure, and increase energy. It's easy to do and you can even do this one while just watching TV or sitting in a meeting! There's no trick to it — just take in slow, deep, even breathes. No need to hold these breathes in or anything, just in and out slowly and deeply in a steady pattern.

## Minute 84: Ujjayi breathing

Take your breathing (Minute 83) to a whole new level. Commonly translated as “victorious breath”, Ujjayi breathing is both relaxing and energizing. Ujjayi is a constricted form a breathing where your breathing is smooth, long, and sounds like waves rolling in and out of a beach. When done properly, the constricted air flow increases your internal body temperature slightly, acting almost as a massage for your internal organs. Blood oxygenation will increase and blood pressure can be regulated. It’s particularly useful when you’re agitated or frustrated, or any other situation where you need to calm your nerves. It’s also commonly used in yoga practices, so try coupling this Minute with any of the yoga Minutes (Minutes 74-79).

The breathing is similar to the “haaaah” sound you make when fogging a pane of glass. Your throat becomes slightly constricted to produce that sound. Once you have that sensation down, close your lips and do that kind of restricted breathing through your nose. Breath in deeply and smoothly, exhaling in the same manner. It takes practice to get the rhythm and sound just right, but eventually it’ll become second nature. Do this for a Minute anytime you need to clock out from reality to get yourself back together.

## Minute 85: Meditate

OK, so you can't really mediate effectively in just one minute, but you can **learn** how to meditate one Minute at a time. There are many forms of meditation but all have the need to achieve some kind of level of brain calm or quiet in order to be effective. In short, to be able to mediate, you need to be able to shut off your conscious brain. This sounds easy but it is anything but. For a meditation session to be effective, you need to be able to silence your thoughts and keep your brain silent for a good 20-30 minutes. Yet, most people will struggle to silence their mind for 10 seconds! It's harder than you think, but if you can learn to do it, you'll be able to reap the benefits of meditation. Not only does meditation help reduce stress and anxiety, it can help with emotional awareness and mental health. There have even been studies that have shown meditation to be effective in managing the symptoms of many chronic diseases. So, set a timer, close your eyes, and turn off your mind to the world **and** to yourself.

At first, many find it useful to focus only on breathing. Breathe in slowly through the nose, hold, and exhale slowly through the mouth. If your mind begins to wander, bring your focus back to the breathing. Eventually, you'd like to be able to clear your mind for an entire minute without the need of an assist, but just like learning to ride a bike, your breathing works as your training wheels in meditation. When you reach the point where you can routinely meditate for a Minute, you may want to explore meditation more as a Moment.



## Minute 86: Say a prayer

If you're religious, this is an easy Minute to knock out that allows you to feed your spiritual self. If you're not religious, you can still take a Minute and send a prayer out into the Unknown. The prayer can be a Minute's worth of Hail Marys or it could be a Minute in silent contemplation of the universe and all of its wonder. If you really don't dig the prayer vibe, take a Minute to sing a favorite song or recite a beloved poem. The focus here should be on sending good intentions out into the world, using the proverbial "mind over matter" to help elevate your consciousness.

## Minute 87: Smile

A smile a day can help keep the doctor away. It's true. Something as simple as a smile has significant, positive benefits to our overall health. Smiling releases several neurotransmitters such as endorphins and serotonin, naturally elevating your mood and reducing pain and stress. Those who smile often also tend to think more positively overall and have increased life spans. So, take a Minute and smile, especially if you're feeling glum. It's practically impossible to be in a bad mood once you begin smiling due to the neurotransmitters being released. Don't believe me? The next time you're upset, take a Minute to smile and see how you feel after.

If you take your smile and turn it into a laugh (Minute 88), the health benefits multiply significantly. In my experience, however, you can always take a Minute to smile, but it's a bit more challenging to plan a Minute of laughter (but, not impossible!) Also, smiles are contagious. Let's spread as many smiles as we can. :-D

## Minute 88: Laugh

Were you shocked when you learned that a smile is more than just a smile (Minute 87) — a smile actually causes biochemical processes to occur. If a smile can do all that, then a laugh must be better, right? Right! Since you smile when you laugh, you get all of those benefits. But, laughing is also a great tension reliever, causing your muscles to relax for up to 45 minutes afterwards with the added bonus of lowering blood pressure. The process of laughing also causes you to breathe much more deeply, increasing blood oxygenation and improving organ function. Laughter also results in a stronger immune system — laughing actually causes your brain to release neuropeptides that fight stress and some illnesses. For this Minute to work, you'll likely need a list of jokes or something funny to read/watch to get the laughter going. But, spending the effort to come up with ways to take a Minute laughing is worth every second.

## Minute 89: Pressure points

Pressure points are certain areas of the body that, if stimulated, can help relieve pain and/or reduce stress and tension. There are lots of pressure points on your body, but I'm only going to give a couple that you might find useful in an office/work setting. If you find these beneficial, you may want to explore acupressure more thoroughly as a Moment.

Shoulder pain and headaches are common ailments in nearly any work setting, and alleviating these is fairly easy as the pressure point is one of the simplest to induce. You'll want to apply pressure to the webbing between your thumb and index finger, near the base where they meet. When applying pressure at the right point, you'll feel a mild ache. Hold for about five seconds while massaging in a circular motion and release. Repeat this with your other hand and repeat the pattern 3-4 times total, which should take you just about a Minute.

Another common issue at work is sinus pain, often from using your noggin too much and/or staring at computer screens all day. Take your thumb and place it firmly between your eyebrows, massaging in a circular motion for five seconds. Then, take your index finger and middle finger of each hand and use these to massage your temples in a similar fashion for five seconds. Repeat this pattern 3-4 times for a full Minute.

## Minute 90: Give a compliment

In physics, there's something called wave mechanics. It's a fancy way of describing the way waves move and interact. One of the basic principles is how waves combine. If two waves are in phase, they add together to form a more intense wave. If they are completely out of phase, they cancel each other out and there is no wave. If their phases are somewhere in between, they combine to form a wave that is less intense than the two original. This is what causes ripples in a pond when you throw a rock into it, for example.

Many spiritualities extend this concept to human emotions. Hate and fear can stoke and spread hate and fear. Joy and happiness is just as contagious. Help spread joy and happiness by making others feel good about themselves. Give a compliment to someone and help spread some love around. I don't always remember, but I do try to compliment most strangers I interact with each day. Of course, it's also nice to compliment those in your life as well.

## Minute 91: Compliment yourself

Self-esteem is not something that Americans are stereotypically in short supply on. In reality, however, many of us get down on ourselves over one thing or another. These might be physical (Yikes, I'm going bald!) or they might be mental (I wish I were more creative), but most of us have them. Humans also seem to have the natural tendency to focus on the negative instead of the positive. Negative feelings lead to poor health and unfulfilled lives. To combat this, take a Minute and compliment yourself. Instead of focusing on what you aren't or what you don't have, shift that focus to celebrating the unique individual that you are. Giving compliments is all about sharing and growing the love that surrounds us, so why not give some of that love to yourself as well?

## Minute 92: Fresh air

There is something about fresh air that speaks to the human soul. You could argue that there are actual biological benefits to getting fresh air. Our bodies do not produce vitamin D on their own, requiring sunlight to fuel the necessary chemical reaction. It's recommended that you get 10-30 minutes of sun exposure several times per week to maintain minimal levels. The good news is that sunscreen appears to have little to no effect on this process, so be sure to stay protected. When you're outside, you may also instinctively breathe deeper, especially if you're heading outside just for a "breathe of fresh air", leading to better blood oxygenation and all those other fantastic benefits (Minutes 83, 84). Some may argue that there are pollutants and such that could be dangerous, but pollutants are everywhere, even inside.

The real benefit of taking a Minute to grab some fresh air though is psychological. Our species began by living outside in nature. It's only relatively recently that we moved from living outside to living inside constructed shelters. Today's human has taken this living inside thing to an almost extreme. It has become part of our collective psyche as a society. With that comes feelings of being constricted and controlled, causing stress and anxiety, even if all of this is subconscious. So anytime you're feeling like you might be going just a little bit insane or stir-crazy, take this Minute and get your butt outside to bask in the sun and fresh air.

## Minute 93: Star gaze

I grew up in Potter County, a few tiny towns nestled in the mountains of north central Pennsylvania, straddling the New York state border and surrounded by state forests with a few farms nestled in the valleys. The place is isolated and sparsely populated. While I hated it growing up, I did always enjoy the beauty of where I lived.

One of the major benefits of a tiny, dispersed population is that there is very little light pollution. The skies growing up were unlike anything most of you have every likely seen. If it were a clear night, the sky would be filled with more stars than you could possibly imagine, impossible to count, for I tried several times. The Milky Way would spread across the horizon with their wispy bands that form our galaxy. You also notice that stars have color. Most are white, but some appear blue or red. There were so many that finding even the most recognizable constellations could be a challenge on most nights. If the moon was out, some of the stars would be obscured, but it would be worth it to get that spectacular lunar view. I spent countless nights looking up at those stars dreaming of being an astronaut or astronomer and creating stories of alien worlds and cultures. I even got my first telescope while in junior high. Those nights were not just awe-inspiring, but they were also very spiritual, allowing me to connect with the universe in a way that is indescribable. If it's a nice evening, take a Minute and gaze upon the wonders of our universe. It's good for the mind and for the soul.



## Minute 94: Play

I'm an eccentric person, on the verge of becoming a walking conundrum. People often see and experience the serious, driven, logical side of me. It's my public face. Privately, though, I like to let loose just as much as the next person. One thing I don't let people see often is my playful side, though I do try to let that come through sometimes in my lectures to my chemistry students.

One of the keys to having a long, happy life is maintaining a childlike approach to life. Many of these Minutes are about stopping to experience the wonder and awe that surrounds us every second, much the way that children often do. This Minute, however, is about becoming a child again for a brief moment, to recapture that playful innocence. Take a Minute and play. A paddleball is simple and fun, and it exercises the brain with its hand-eye coordination. I have action figures and Happy Meal toys in my office that I'll sometimes play with for a Minute. I even got into Angry Birds a few years ago for a few months. The only requirement is that you play for a Minute as if you were a child. No "adult" games like a crossword. It should be childish and silly. Smile, giggle, laugh. Just enjoy being a kid again for one special Minute.

## Minute 95: Dance a little dance

I hate dancing. Well, let me rephrase that. I hate dancing when witnesses are present. I have no rhythm. I have no style. I just like to shake my groove thing now and again. This is a Minute I do a lot in the (semi-) privacy of my home or office. I'll even hum or sing a little, smiling the entire time. I don't time it. I just dance until I feel the urge pass, but it's usually just a minute or two. For me, doing a little dance is like smiling (Minute 87) on steroids. The feel good rush of neurotransmitters from smiling mixed with the increased heart beat from my twerking (it's my signature move, and no, you don't want to see it!) just makes for one of those Minutes when it's great to be alive! It's also a Minute of gratitude, for it's often when I'm grateful to be alive that I want to dance to celebrate life. It's a lot of different Minutes all rolled up into one.

## Minute 96: Find hidden beauty

Beauty surrounds us. It's everywhere, even if it's cleverly hidden. Even sitting in rush hour traffic in a congested city has beauty abound. The clouds against a blue sky, the sun shining through and reflecting off a chrome panel, sparkling like a diamond. If it's gloomy and raining, night falling, those sunshine diamonds are replaced by glimmering rubies in brake lights as the sound of rain pattering off the car roof induces a calm meditation. Beauty is indeed in the eye of the beholder. Instead of viewing the world through ugly eyes, shift your view to appreciate the hidden beauty alive all around us. For an extra bonus, make sure you smile (Minute 87) as you do it. Everything is prettier when you smile. :-D

## Minute 97: Send a card

When you have a few extra bucks, go out and buy a stack of plain, generic cards and/or local postcards, along with some stamps. When you have a Minute and you're thinking of someone, write them a little note and drop it in the mail. Sure, you could send them an email, a text, or even call them on the phone, but there's something extra special about receiving a random surprise piece of mail from a friend. More often than not, these notes tend to come at times when people need them the most. It's an easy way to stay connected to your loved ones, both near and afar, one Minute at a time.

## Minute 98: Buy flowers

It's difficult to be in a bad mood around a beautiful array of flowers. Their vibrant petals and enticing aromas create a new world to explore, any worries or sadness melting away, even if only for a brief moment. Whenever I buy flowers for my home, I can't help but stop and smile, admiring their joy for a Minute — proverbially stopping to smell the roses. If you're going through a rough patch, try buying yourself some flowers. It's amazing how they will help carry you through whatever you're struggling with. If you see someone else who is going through their own challenges, buy some flowers for them to brighten up their world just a tiny bit. Spread joy, receive joy, one Minute at a time.

## Minute 99: Be mindful

You could argue that this entire book/lifestyle/method/technique/approach/whatever-you-want-to-call-it is really about being mindful. Being mindful is a term you may have heard every now and again, and being mindful has been shown to have health benefits such as reducing stress and inducing happiness. Simply put, being mindful is about consciously living life. It's about keeping an eye out for the beauties and awes of life, of being conscientious to the needs and comforts of those around you, of not letting life pass idly by you. For a Minute, you need to fully immerse yourself into the present moment by accepting it all without preconception or judgement. Utilize as many of your senses as possible to fully cement you into the moment. How do you feel? How do those around you feel? What are you thinking? What's on your mind right now and of late? What physical sensations is your body feeling at the moment? Many of these Minutes in this book are specific examples of how to be mindful, but for this Minute, the goal is to be mindful in general, to simply recenter yourself in the present moment.

## Minute 100: Connect to a sense

We are all aware of the five common senses that help us interact with the outside world: sight, touch, sound, taste, and smell. In reality, humans have upwards of 21 (or more...) different senses (such as balance, temperature/heat, hunger, thirst, body awareness, pressure, pain, etc.), depending on exactly what you consider a sense to be. Regardless of how many senses we have, spend a Minute and try to fully connect with one particular sense. You want to saturate that sense, giving your full attention to that one sensation. You can spend a minute admiring something beautiful or visually complex. You can close your eyes and savor that piece of chocolate as it melts in your mouth, every beat of your favorite song, the fluffiness of your furbaby, or the smell of an essential oil. Connect as fully as you can with that one sense, enjoying the sensation and being grateful (Minute 80) for the gift of that particular sense. And smile (Minute 87) when you do it. It never hurts to smile. Remember how I said earlier that there are many ways we can meditate (Minute 85)? This is a great example of one of those meditative Minutes.

## Minute 101: Get inspired

Visualization is a powerful technique to help us manifest the lives we want for ourselves. When I was in high school and my twenties, I kept a vision board. I would cut out pictures or quotes from magazines and dutifully tack them to the dilapidated cork board hanging usually near my desk or work space. Photos of the perfect mate, car, home, and job would be surrounded by pictures of tropical destinations and secluded mountain cabins. Inspirational or mind-provoking quotes would fill in the gaps. Anytime I was being down on myself or found it hard to get motivated to work, I'd take a Minute and review my vision board. I did this primarily for inspiration, to remind me why I was pushing myself so hard, a visual representation of the goals I wanted to achieve in life. But, the vision board also allowed me to daydream and reevaluate those goals. Over time, images would be updated or removed altogether as my priorities changed in life, but it was always a useful and powerful tool. While I don't use a vision board as often as I used to, I do have a few photos on my phone that serve the same purpose. I can whip those out and take a Minute to evaluate where I am, where I'm going, and if those goals are still active goals or not.



## Minute 102: Be in awe

Take a Minute and be in awe at existence. Think about how special life and creation are. Think about it for a moment. We are composed of nothing more than specially arranged atoms. Atoms are nothing more than a collection of protons, neutrons, and electrons. Somehow, those subatomic particles coalesce into an atom, which bonds with other atoms to form molecules. These molecules aggregate to create cell membranes and DNA. These biomolecules become more and more complex that they eventually produce all the life that there is. Our consciousness, our ability to remember and react, our very ability to ponder and think, comes from inanimate atoms. Where's the missing link, that connection between molecules and life? It's awe-inspiring for sure.

Another way to be in awe is to contemplate nature in a similar fashion, how everything is interrelated, how beautiful nature is in its clockwork design. Or be in awe at something beautiful for a minute, such as a piece of art or a flower. Wherever you find the inspiration, take a Minute to be in utter awe at its creation and existence.

## Minute 103: Ponder death

This may not be a popular Minute, but it's crucial to building a better you. Take a Minute and ponder death. Do you have any belief as to what happens when we die? Explore those thoughts and beliefs. Do you think we simply cease to exist? Explore your feelings about that. How do you think others around you will react to your death and is there anything you can do to let them know how precious they are to you and/or to help lessen the depth of your loss? These aren't fun things to think about, but it does help you keep every single one of these Minutes in perspective. It reminds you not to let life pass you by, to cherish each of its moments.

## Minute 104: How do you feel?

Take a Minute and check in on yourself. Ask yourself how you feel. Explore the full spectrum of your emotional state. If you're "off" in one way or another (typically by having "negative" emotions), try to focus on everything you do have in your life to be grateful for (Minute 80). Do you have a home? A bed? Food? Job? Friends? Family? Nice weather? Focus on the good and try to stomp out the bad. But, if you can't fully stomp out the bad, then fully identify it. Why are you feeling like this and what is in your control to do something about it? It's always a good idea to check in on yourself at least once a day, so take a Minute and do so.

## Minute 105: One-minute journaling

This is a neat way to augment Minute 104 and take it to the next level. Keep a journal where you record your answer to “How do you feel?” from Minute 104. For sixty seconds, just write exactly what you’re thinking and feeling. Don’t hold back. Don’t edit. After a month or so of doing this, take a Moment and review the journal. Are there any consistent trends in thinking or specific feelings that keep popping up that may need to be addressed? How can you use the Living Minutes to address these to make another mindful step toward living a better life?

## Minute 106: Scrape your tongue

Everyone knows you're supposed to brush your teeth, but most people don't realize that scraping your tongue is also beneficial to your overall oral health. Not only does this remove billions of bacteria that cause tooth decay and bad breath, but it also prevents that white coating on your tongue from getting out of control and it improves your sense of taste. It's quick and easy to do, so why not incorporate this Minute into your daily oral hygiene routine or take a Minute randomly throughout the day to do it.

You can buy an actual tongue scraper or use an inverted spoon. Starting as far back on your tongue as you can without gagging, scrape forward toward the tip of your tongue in a steady, slow motion. Continue this until you've scraped the entire tongue, going over each area only one or twice at most. Each time you reach the tip of the tongue, rinse off the scraper or wipe it clean with a cloth. It's that simple and in one Minute you've taken a tiny step toward building a better you.

## Minute 107: Floss your teeth

If you already floss your teeth, then bravo! Ideally, this is an activity that should be done daily as part of your oral hygiene regimen. Flossing removes plaque build up in between your teeth and keeps the bacteria that cause tooth decay and bad breath at bay. In fact, have you ever met someone who has consistently bad breath even though you know that they brush their teeth twice a day? Have you ever noticed that you still have rank breath after brushing and don't know why? The likely culprit is the gunk that's building up in between your teeth that normal brushing can't get at, plus a good tongue scrap (Minute 106) would also help here. If you don't like flossing because it irritates your gums and causes bleeding, that's a sign that you definitely need to be flossing and taking better care of your oral hygiene. This is a Minute that I'm bad at. I don't floss everyday, and there are arguments that it's not necessary every single day (since it takes a bit for that plaque to begin to accumulate). I think every other day, however, is the bare minimum that you can get away with. Also, if you absolutely hate flossing and wrestling that thin waxed thread, try an oral irrigator (aka "Water Pik"). That's what I use and I only use floss when I don't have access to my Pik.

## Minute 108: One-minute chore

Doing chores sucks. No one wants to waste their time doing those monotonous routines that civilized life demands of us. But, doing chores one Minute at a time isn't so bad. Why not organize the shoes by the front door or chuck out junk mail that is piling up. If you have a larger chore to do, break it up into smaller, manageable chunks of Minutes instead. Got dusting to do? Start in one room and dust until your Minute is up. Use another Minute during your next Minute break to continue. When you do household chores one Minute at a time, you'll always have a decently clean home without the loss of a Saturday morning to do so. Also, I find that it's often the dread of starting that prevents me from doing a chore. Once you take a Minute to start a chore, you may just end up finishing the chore even if it takes more than a Minute to do so. Check out the next few Minutes for some more one-Minute chore ideas.

## Minute 109: Balance your checkbook

Part of living your best life one Minute at a time is keeping an eye on your finances. With nearly every purchase nowadays involving the swipe of a card, taking a Minute a few times a week to balance your checkbook will help keep your balance in the green and identify any potential issues before they boil into huge problems. Double check that there are no outstanding checks that may surprise you. Make sure that (semi-) annual automatic deduction isn't going to cause the mortgage check to bounce. Be certain that all transactions are transactions that you authorized. Go back and review the budget to make sure you haven't forgotten to pay a bill. Financial management doesn't require energy-sweeping hours once a month, but merely a few Minutes throughout your week.



## **Minute 110: Clean out car's cubbyholes**

This is a perfect one to do in your car while sitting at a red light, especially if you have an empty take-out bag lying around. When I was in college, my car was almost always a disaster. The front was OK, but the back seat became a huge junk drawer. There was no reason for it other than pure laziness. Then I went to grad school where I had no car and at some point I must have learned to keep a tidy living space. Now my cubbyholes are the only victim to the things I throw out while driving and they're much easier and quicker to clean than an entire carload of crap. So, take a Minute and make sure that your wheels are worthy of you and any passengers you may have.

## Minute III: Make the bed

I used to argue with my mother, “Why should I make the bed?! It’ll only get unmade again tonight!” Eventually, I think she gave up on me. College, grad school, post doc, and after, I still wasn’t making my bed. I hated it. I still kind of do. The difference, however, between a room with an unkempt bed and one where the bed is made, with all else the same, is remarkable. About a year or two ago, I decided to take a Minute and start making my bed each day. This one little change has made a huge impact in my life. It’s scientifically proven that a clean and orderly environment reduces subconscious stress and induces a sense of tranquility. Plus, I find that I sleep much better in a made bed. Go ahead, take a Minute and try it for yourself if you don’t believe me.

## Minute 112: Make a to-do list

Whenever life threatens to become overwhelming, take a Minute and create a to-do list. I do this often. Regardless of how long the list gets, there's something therapeutic about seeing the finite nature of the list when you feel overburdened and unable to find the time to get things done. Putting those needs down helps put things into perspective and provides a means to prioritize what needs to get done. It's much easier and less daunting to keep this written down rather than jumbling it around in your head at the constant threat of forgetting something that needs to be done. Another great thing about these lists is that they are often shorter than they are in your head. When I finish my list, 99% of the time I'm shocked to see that my list is much shorter than I thought it was. Finally, there is the satisfaction of crossing each item off as you finish them, the list becoming increasingly smaller and you can feel a blanket of stress lift from you with each strikethrough. Anytime you feel like you simply can't take on one more thing, take a Minute to create a list. It's surprisingly invigorating and will help reduce your stress.

## Minute 113: Delete emails

Aside from work email accounts (of which I have two, one for work-work and one for writing-work), I have three personal email accounts. One is my real account, one is my junk account, and the third is my really old junk account. Each of these get their share of spam, both solicited and unsolicited. I might get 10-15 of these a day in each account, which doesn't seem like much until you let a month go by. Then another month. Before I know it, each account has 999+ email messages that are unread. I then I have to spend 15-30 minutes deleting emails. Each time I clean up those inboxes, I swear I will never let them get filled up again. But, they always do. Instead of wasted a precious slot of time that can be used to do something creative or fun, take several Minutes through the course of a week and delete emails until that Minute is up. It's not only easier this way, but it also makes the task less stressful and annoying. I recently deleted over 9,000 emails from my one account over the course of a few days by taking it one Minute at a time.

## Minute 114: Delete photos

“Oh, that’s a great recipe! Let me just grab 5 screens shots there to get that.” “Oh, what a cute meme! I’ll save that.” “That restaurant review sounds good, I’m going to screenshot the restaurant so I remember I want to check it out.” Etc. Etc. Etc. How many of us have a phone full of such photos? Or, how about the time you took 20 pictures of your dog or lunch plate to make sure that at least one of them would turn out Instagram perfect? Like my emails (Minute 113), I swear I’ll never use my photo album on my phone like that again after deleting hundreds or even thousands of photos. Several months later, I’m repeating the process. So grab a pen and paper, jot down what you need from those photos and start deleting away, keeping only the “essential” screenshots and “real” photos you actually want to keep. If you do this once a week or so, you shouldn’t have to worry about your photos getting out of hand again.

## Minute 115: Tidy up

A messy home or office rarely just happens. It's usually a series of small steps that eventually avalanches into a disaster zone. It's best to stop it before it gets too far, so take a Minute now and again to tidy up your surroundings. If there are several areas that need tidying, tackle them one Minute at a time rather than wasting a decent chunk of your day doing so. I often tidy up my work area once every day or two in order to keep my work focused and efficient. I have a few areas both at work and at home where I tend to just "dump" stuff, so I take a Minute a few times a week to tidy up those areas as well. All it takes are a few random Minutes throughout the week to help keep your environment warm and welcoming.

## Minute 116: The junk drawer

I don't know a household that doesn't have a junk drawer somewhere. I'm sure some people even have entire junk closets, attics/basements, or garages, but let's start small. Tackle one of your junk areas until it's under control, just one Minute at a time. Start with the junk drawer and move your way through any other "junk" areas you may have. The larger "drawers" may take many Minutes over several days or weeks to get done, but you'll eventually chip all of it away. Don't forget, you might even have a junk drawer in your office or car that needs some attention!

## Minute 117: Dirty glasses

I have a nephew who loves to get a new glass every time he takes a sip of water. By the end of the day, nearly every glass in the house is dirty, yet not a single one can be found anywhere near the kitchen sink or dishwasher! Take a Minute and go around the house collecting any dirty dishes or scattered laundry and take them to the sink or hamper for washing. This is a perfect Minute to do during a commercial break!



## Minute 118: Back it up

Backing up your stuff today is much easier than it used to be. I remember lugging around floppy disks to save stuff. Nowadays we have Google Drive, flash drives, the Cloud, external hard drives, or good 'ole "I'll just email that document to myself." Many of these back-ups are even automated! There's simply no excuse not to back-up your important documents and photos. Take a Minute, grab a flash drive or whatever, and back up your most important files. I prefer to have a few back-ups of my important stuff, so this is a Minute that I tackle about once a week or so.

## Minute 119: Grocery list

Make a grocery list before you go to the store and stick to it. It's amazing the difference when I go to the store with versus without a list. By taking that extra Minute to make a list, I end up saving money and resisting impulse buys. Without a list, I go through the store aisle by aisle grabbing whatever looks good to me at the time with almost no thought as to whether I actually need the item or not. I also spend a lot longer in the store this way since I have to go down every aisle and slowly scan the items. The list also forces me to think about what food I actually need and what meals I plan to prepare. If you don't believe me, try it out for yourself. For one month, go grocery shopping every week. On the first week, make no list. On the second week, make a list and follow it exactly. Repeat these two weeks and then compare store receipts. Go through each and mark items that were bought that were thrown away partially used or not used at all. I imagine that the weeks where you made no list more money was spent in the store and a larger percentage of that total was discarded as waste.

## Minute 120: Clean out wallet/purse

Much like your car, your wallet or purse ends up being a place where things get stashed to never see the light of day again. Take a Minute and empty the purse/wallet out completely. Throw away or file away old receipts, discard old lists and other junk items, and collect any change for Minute 121. Scrutinize every card you have in your wallet and remove any that you don't absolutely need on you 24/7. For example, my wallet currently contains : Driver's license, bank account card, my Florida Writers Association membership card, my voter ID card, four copies of my health insurance card, two balance reward cards, my ATM card, a credit card, my health savings account card, a copy of the periodic table, two of my business cards, two receipts, and my library card. Also, I don't keep a typical wallet; I have a tiny, flat one that contains five places to hold all of this plus any cash I may actually have on me.

Do I need all of this in my tiny, cramped wallet? No, of course not! I just removed my FWA membership card, three of the four copies of my health insurance card, the balance reward cards, and my library card. The FWA membership card and other health insurance cards I will keep in my home office while the balance reward cards and library card will be kept in the car. Honestly, I don't even remember the last time I used those balance reward cards; I just use my cell phone number each time now, so I could probably toss those (but I won't...) I threw away the old receipts. My thin wallet feels so much lighter now and it no longer looks like it's bursting at the

seams. I can even fit some cash into it now, whereas before it was hard to squeeze in more than one or two bills. All of that took less time to do than to write about, a mere Minute of my time.

## Minute 121: Cash in coins

I like to empty my pockets of change every chance I get, collecting it until I have so much that moving it counts for several Minutes worth of exercise! In today's day and age, I also throw in all of my single one dollar bills and occasionally I'll throw a \$5 in there, too. Eventually I take the stash to the bank and make a deposit into my savings account. Doing this once or twice a year can add up to a few hundred dollars toward building your savings each year. If you don't already save your change, now is a great time to start.

Alternatively, you could take that cash and buy a crapload of lottery scratch-off tickets. After all, you can't win the lottery if you don't play it. Next time you run to the bank or grocery store, grab those coins and spend a Minute cashing them in.

## Minute 122: Friend a stranger

This is a Minute you should only do if you're comfortable doing so, and of course be careful. Use this Minute to make a potential new friend. Whether at an event or standing in line, introduce yourself to a stranger and ask them to follow or friend you on social media. Explain to them that the idea of this is to potentially make a new friend. You can see each other's profiles and posts, which is an excellent way to get to know what a person is like. If either of you discover that the other is someone you don't want in your life, you can always unfriend/unfollow them. However, you may also find your new best friend in the process! It's a game of chance that allows you to take a Minute to be social in the age of social media.

## Minute 123: Silence

This is a very important Minute that should be used whenever life seems to be breaking down your defenses. Take a Minute and put your head down. Close your eyes. Take in a deep breath and just relax. For one entire minute, sixty seconds, I want you to do nothing, think of nothing, listen to nothing, just close your eyes and take a 60-second nap. Sometimes when life seems overwhelming, you need to step away from it for a moment. Anytime that happens, use this Minute. Remove yourself from the situation, close your eyes, and turn off your brain with a few cleansing breathes (Minute 83). At the end of the Minute, shake it out. Stand up (if you're sitting) and just shake your body for a few seconds to get the blood flowing a bit.

## Minute 124: Change your perspective

This is one of the most important Minutes that I use. It usually doesn't take a full minute, but sometimes it can take a few minutes. Anytime you're not looking forward to doing something, take a Minute and turn that negative into a positive. Don't feel like unloading the dishwasher or taking the garbage out? Think about how good the exercise will be! Don't feel like going to work? Think about how awful it would be to be homeless without a paycheck. You're embarrassed by the car you drive or clothes you wear? Be grateful that you have a car to drive and clean clothes to wear. Why choose to see life from a negative vantage point when you have the power within you to change that? It only takes a Minute to do so and your life will feel a whole lot better.



## Minute 125: Make your own Minute

Wow. Thanks for making it this far and reading over 120 different ways that you can take the wasted moments of your day and transform them into meaningful moments. I'm sure that through this process, you came up with some ideas of your own. Use this Minute to make those Minutes. There is a flashcard template in the appendices that you can photocopy to make these Minutes or you can download the template from <http://www.LivingMinutes.com>.

## 5 ~ Building Upon This Foundation

### *The Living Minutes Lifestyle*

Congratulations on learning how Minutes can be used to reclaim those wasted moments of your life in order to build a better you through the Living Minutes Lifestyle. Photocopy the Minutes in the appendices and start deciding when and which Minutes you'll start using each day. Start small and work your way up from there. Be sure to sign up for my newsletter or check out my upcoming events at <http://www.LivingMinutes.com> in order to build upon this foundation and keep yourself motivated to your Living Minutes. Don't forget that you can download the Minutes Tracker and blank Minutes flashcards from the site as well.

### *I'm doing my Minutes, is there more I could do?*

Yes! Of course, you can always try to up your Minutes to more than 20. Some day I only get a few done, but I try to do at least 20 a day. Other days I can get 60-90 done! Don't forget that you don't have to do a new Minute every time you go to do one, but rather you can do the same Minute as many times

as you would like in any given day. They're your Minutes, after all!

Another thing you should now try to do is carve out a 15- to 20-minute block each day to focus on one of your Minutes — I call these Moments. Try to find a Moment each day (or at least 2-3 times/week), in the morning, over lunch, before bed — whenever. Focus your Moment on a different Minute each day if you can, helping you lead a life that gives you meaning and purpose. I try to spend my Moments on my foreign languages, reading, writing, and de-stressing activities. Be sure to check out the next book coming out in this series, *Just a Moment!* to learn how to use and include Moments in your Living Minutes Lifestyle.

### *What's next?*

Eventually, the Minutes will become second nature to you, well formed habits to help you lead the best life you can one Minute at a time. Soon, you'll find that you won't need to keep track of the Minutes. You'll just instinctively do a Minute when you have free time to do so. But, remember Minute 99 — Be Mindful. Reassess your Minutes a few times a year. Are there new ones you want to add or things you want to switch up? As you develop new interests and hobbies, you'll be able to build Minutes to support those activities. Be sure to check in on your Minutes on a regular basis so that they remain relevant and meaningful. Thanks for taking this voyage with me and I hope that the Living Minutes Lifestyle will help you build a better you and a better life!

## **Appendix 1 : Minute Flashcards**

You can print out or photocopy the Minutes from this book for your own personal use. You can also use the blank Minutes to come up with your own to incorporate into your new Minute lifestyle. A blank template of these flashcards can be downloaded from my website:

<http://www.LivingMinutes.com>

<p><b>Minute 1</b></p> <p>Ameliorate your parlance</p> <p>LivingMinutes.com</p>	<p><b>Minute 2</b></p> <p>Learn a foreign language</p> <p>LivingMinutes.com</p>
<p><b>Minute 3</b></p> <p>Learn an instrument (or hobby)</p> <p>LivingMinutes.com</p>	<p><b>Minute 4</b></p> <p>Learn a book</p> <p>LivingMinutes.com</p>
<p><b>Minute 5</b></p> <p>Learn a new game</p> <p>LivingMinutes.com</p>	<p><b>Minute 6</b></p> <p>Review basic arithmetic</p> <p>LivingMinutes.com</p>
<p><b>Minute 7</b></p> <p>Do math in your head</p> <p>LivingMinutes.com</p>	<p><b>Minute 8</b></p> <p>Convert the temperature</p> <p>LivingMinutes.com</p>
<p><b>Minute 9</b></p> <p>Memorize a quote</p> <p>LivingMinutes.com</p>	<p><b>Minute 10</b></p> <p>Memorize a list</p> <p>LivingMinutes.com</p>

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<p><b>Minute 11</b></p> <p>Learn a new random fact</p> <p>LivingMinutes.com</p>	<p><b>Minute 12</b></p> <p>Read aloud</p> <p>LivingMinutes.com</p>
<p><b>Minute 13</b></p> <p>Read upside down</p> <p>LivingMinutes.com</p>	<p><b>Minute 14</b></p> <p>Read in a mirror</p> <p>LivingMinutes.com</p>
<p><b>Minute 15</b></p> <p>Write weird</p> <p>LivingMinutes.com</p>	<p><b>Minute 16</b></p> <p>Say the alphabet backward</p> <p>LivingMinutes.com</p>
<p><b>Minute 17</b></p> <p>Think in a foreign language</p> <p>LivingMinutes.com</p>	<p><b>Minute 18</b></p> <p>Write a haiku</p> <p>LivingMinutes.com</p>
<p><b>Minute 19</b></p> <p>Solve a riddle</p> <p>LivingMinutes.com</p>	<p><b>Minute 20</b></p> <p>Work on a puzzle game</p> <p>LivingMinutes.com</p>

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<p><b>Minute 21</b></p> <p>Do a brainteaser</p> <p>LivingMinutes.com</p>	<p><b>Minute 22</b></p> <p>Play with a puzzle cube</p> <p>LivingMinutes.com</p>
<p><b>Minute 23</b></p> <p>Do a puzzle</p> <p>LivingMinutes.com</p>	<p><b>Minute 24</b></p> <p>Play memory</p> <p>LivingMinutes.com</p>
<p><b>Minute 25</b></p> <p>Play recall</p> <p>LivingMinutes.com</p>	<p><b>Minute 26</b></p> <p>Look upside down</p> <p>LivingMinutes.com</p>
<p><b>Minute 27</b></p> <p>Rearrange an area</p> <p>LivingMinutes.com</p>	<p><b>Minute 28</b></p> <p>Do it in the dark</p> <p>LivingMinutes.com</p>
<p><b>Minute 29</b></p> <p>Walk backward</p> <p>LivingMinutes.com</p>	<p><b>Minute 30</b></p> <p>Use your non-dominant hand</p> <p>LivingMinutes.com</p>

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<p><b>Minute 31</b></p> <p>Recipe recall</p> <p>LivingMinutes.com</p>	<p><b>Minute 32</b></p> <p>Clap a new word</p> <p>LivingMinutes.com</p>
<p><b>Minute 33</b></p> <p>One minute tallies</p> <p>LivingMinutes.com</p>	<p><b>Minute 34</b></p> <p>Spell backward</p> <p>LivingMinutes.com</p>
<p><b>Minute 35</b></p> <p>Name game</p> <p>LivingMinutes.com</p>	<p><b>Minute 36</b></p> <p>Coin counting</p> <p>LivingMinutes.com</p>
<p><b>Minute 37</b></p> <p>N-backs</p> <p>LivingMinutes.com</p>	<p><b>Minute 38</b></p> <p>Tangrams</p> <p>LivingMinutes.com</p>
<p><b>Minute 39</b></p> <p>Consider a counterargument</p> <p>LivingMinutes.com</p>	<p><b>Minute 40</b></p> <p>A cup of green tea</p> <p>LivingMinutes.com</p>

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<p><b>Minute 41</b></p> <p>Nuts on the brain</p> <p>LivingMinutes.com</p>	<p><b>Minute 42</b></p> <p>A berry happy brain</p> <p>LivingMinutes.com</p>
<p><b>Minute 43</b></p> <p>Chocolate dreams</p> <p>LivingMinutes.com</p>	<p><b>Minute 44</b></p> <p>Massage your brain</p> <p>LivingMinutes.com</p>
<p><b>Minute 45</b></p> <p>Take the stairs</p> <p>LivingMinutes.com</p>	<p><b>Minute 46</b></p> <p>Park faraway</p> <p>LivingMinutes.com</p>
<p><b>Minute 47</b></p> <p>Pace on the phone</p> <p>LivingMinutes.com</p>	<p><b>Minute 48</b></p> <p>Nibble on a healthy snack</p> <p>LivingMinutes.com</p>
<p><b>Minute 49</b></p> <p>Drink a glass of water</p> <p>LivingMinutes.com</p>	<p><b>Minute 50</b></p> <p>Side leg raises</p> <p>LivingMinutes.com</p>

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<p><b>Minute 51</b></p> <p>Toe kicks</p> <p>LivingMinutes.com</p>	<p><b>Minute 52</b></p> <p>(Reverse) Crunches</p> <p>LivingMinutes.com</p>
<p><b>Minute 53</b></p> <p>Bicycle kicks</p> <p>LivingMinutes.com</p>	<p><b>Minute 54</b></p> <p>Jumping Jacks</p> <p>LivingMinutes.com</p>
<p><b>Minute 55</b></p> <p>Plank</p> <p>LivingMinutes.com</p>	<p><b>Minute 56</b></p> <p>Side plank hip drop</p> <p>LivingMinutes.com</p>
<p><b>Minute 57</b></p> <p>Flutter kicks</p> <p>LivingMinutes.com</p>	<p><b>Minute 58</b></p> <p>Mountain climbers</p> <p>LivingMinutes.com</p>
<p><b>Minute 59</b></p> <p>Squats</p> <p>LivingMinutes.com</p>	<p><b>Minute 60</b></p> <p>Lunges</p> <p>LivingMinutes.com</p>

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<p><b>Minute 61</b></p> <p>Calf raises</p> <p>LivingMinutes.com</p>	<p><b>Minute 62</b></p> <p>High knees</p> <p>LivingMinutes.com</p>
<p><b>Minute 63</b></p> <p>Chair tricep dips</p> <p>LivingMinutes.com</p>	<p><b>Minute 64</b></p> <p>Push ups</p> <p>LivingMinutes.com</p>
<p><b>Minute 65</b></p> <p>Wall sit</p> <p>LivingMinutes.com</p>	<p><b>Minute 66</b></p> <p>Walking lap</p> <p>LivingMinutes.com</p>
<p><b>Minute 67</b></p> <p>Jog in place</p> <p>LivingMinutes.com</p>	<p><b>Minute 68</b></p> <p>Hula hoop</p> <p>LivingMinutes.com</p>
<p><b>Minute 69</b></p> <p>Ménage à trois</p> <p>LivingMinutes.com</p>	<p><b>Minute 70</b></p> <p>Neck and shoulders</p> <p>LivingMinutes.com</p>

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<p><b>Minute 71</b></p> <p>Arm stretch</p> <p>LivingMinutes.com</p>	<p><b>Minute 72</b></p> <p>Bridge stretch</p> <p>LivingMinutes.com</p>
<p><b>Minute 73</b></p> <p>Stand and stretch</p> <p>LivingMinutes.com</p>	<p><b>Minute 74</b></p> <p>Yoga Standing Side Bend</p> <p>LivingMinutes.com</p>
<p><b>Minute 75</b></p> <p>Yoga Standing Forward Pull</p> <p>LivingMinutes.com</p>	<p><b>Minute 76</b></p> <p>Yoga Downward Dog</p> <p>LivingMinutes.com</p>
<p><b>Minute 77</b></p> <p>Yoga Cobra</p> <p>LivingMinutes.com</p>	<p><b>Minute 78</b></p> <p>Yoga Seated Forward Fold</p> <p>LivingMinutes.com</p>
<p><b>Minute 79</b></p> <p>Yoga Child's Pose</p> <p>LivingMinutes.com</p>	<p><b>Minute 80</b></p> <p>Gratitude</p> <p>LivingMinutes.com</p>

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<p><b>Minute 81</b></p> <p>Rock around the house</p> <p>LivingMinutes.com</p>	<p><b>Minute 82</b></p> <p>Daydream</p> <p>LivingMinutes.com</p>
<p><b>Minute 83</b></p> <p>Breathe</p> <p>LivingMinutes.com</p>	<p><b>Minute 84</b></p> <p>Ujjayi breathing</p> <p>LivingMinutes.com</p>
<p><b>Minute 85</b></p> <p>Meditate</p> <p>LivingMinutes.com</p>	<p><b>Minute 86</b></p> <p>Say a prayer</p> <p>LivingMinutes.com</p>
<p><b>Minute 87</b></p> <p>Smile</p> <p>LivingMinutes.com</p>	<p><b>Minute 88</b></p> <p>Laugh</p> <p>LivingMinutes.com</p>
<p><b>Minute 89</b></p> <p>Pressure points</p> <p>LivingMinutes.com</p>	<p><b>Minute 90</b></p> <p>Give a compliment</p> <p>LivingMinutes.com</p>

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<p><b>Minute 91</b></p> <p>Compliment yourself</p> <p>LivingMinutes.com</p>	<p><b>Minute 92</b></p> <p>Fresh air</p> <p>LivingMinutes.com</p>
<p><b>Minute 93</b></p> <p>Star gaze</p> <p>LivingMinutes.com</p>	<p><b>Minute 94</b></p> <p>Play</p> <p>LivingMinutes.com</p>
<p><b>Minute 95</b></p> <p>Dance a little dance</p> <p>LivingMinutes.com</p>	<p><b>Minute 96</b></p> <p>Find hidden beauty</p> <p>LivingMinutes.com</p>
<p><b>Minute 97</b></p> <p>Send a card</p> <p>LivingMinutes.com</p>	<p><b>Minute 98</b></p> <p>Buy flowers</p> <p>LivingMinutes.com</p>
<p><b>Minute 99</b></p> <p>Be mindful</p> <p>LivingMinutes.com</p>	<p><b>Minute 100</b></p> <p>Connect to a sense</p> <p>LivingMinutes.com</p>

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<p><b>Minute 101</b></p> <p>Get inspired</p> <p>LivingMinutes.com</p>	<p><b>Minute 102</b></p> <p>Be in awe</p> <p>LivingMinutes.com</p>
<p><b>Minute 103</b></p> <p>Ponder death</p> <p>LivingMinutes.com</p>	<p><b>Minute 104</b></p> <p>How do you feel?</p> <p>LivingMinutes.com</p>
<p><b>Minute 105</b></p> <p>One-minute journaling</p> <p>LivingMinutes.com</p>	<p><b>Minute 106</b></p> <p>Scrape your tongue</p> <p>LivingMinutes.com</p>
<p><b>Minute 107</b></p> <p>Floss your teeth</p> <p>LivingMinutes.com</p>	<p><b>Minute 108</b></p> <p>One-minute chore</p> <p>LivingMinutes.com</p>
<p><b>Minute 109</b></p> <p>Balance your checkbook</p> <p>LivingMinutes.com</p>	<p><b>Minute 110</b></p> <p>Clean out car's cubbyholes</p> <p>LivingMinutes.com</p>

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<p><b>Minute 111</b></p> <p>Make the bed</p> <p>LivingMinutes.com</p>	<p><b>Minute 112</b></p> <p>Make a to do list</p> <p>LivingMinutes.com</p>
<p><b>Minute 113</b></p> <p>Delete emails</p> <p>LivingMinutes.com</p>	<p><b>Minute 114</b></p> <p>Delete photos</p> <p>LivingMinutes.com</p>
<p><b>Minute 115</b></p> <p>Tidy up</p> <p>LivingMinutes.com</p>	<p><b>Minute 116</b></p> <p>The junk drawer</p> <p>LivingMinutes.com</p>
<p><b>Minute 117</b></p> <p>Dirty glasses</p> <p>LivingMinutes.com</p>	<p><b>Minute 118</b></p> <p>Back it up</p> <p>LivingMinutes.com</p>
<p><b>Minute 119</b></p> <p>Grocery list</p> <p>LivingMinutes.com</p>	<p><b>Minute 120</b></p> <p>Clean out wallet/purse</p> <p>LivingMinutes.com</p>

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<p><b>Minute 121</b></p> <p>Cash in coins</p> <p>LivingMinutes.com</p>	<p><b>Minute 122</b></p> <p>Friend a stranger</p> <p>LivingMinutes.com</p>
<p><b>Minute 123</b></p> <p>Silence</p> <p>LivingMinutes.com</p>	<p><b>Minute 124</b></p> <p>Change your perspective</p> <p>LivingMinutes.com</p>
<p><b>Minute 125</b></p> <p>Make your own Minute</p> <p>LivingMinutes.com</p>	<p><b>Minute 126</b></p> <p>LivingMinutes.com</p>
<p><b>Minute 127</b></p> <p>LivingMinutes.com</p>	<p><b>Minute 128</b></p> <p>LivingMinutes.com</p>
<p><b>Minute 129</b></p> <p>LivingMinutes.com</p>	<p><b>Minute 130</b></p> <p>LivingMinutes.com</p>

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<b>Minute</b>          LivingMinutes.com	<b>Minute</b>          LivingMinutes.com
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## **Appendix 2 : Track Your Minutes**

While you don't necessarily have to track your Minutes, it is highly recommended, especially at the beginning. The tracker not only serves as a daily reminder to work on doing your Minutes, but it also serves as inspiration to keep going. The tracker provides a visual record of each Minute you take to improve your lifestyle. Write down the Minutes you plan to do each day and check them off as you accomplish them. Be proud of each and every Minute! They are yours — own them!

Minutes Tracker

Date: \_\_\_\_\_

- 
- 1. \_\_\_\_\_
  - 2. \_\_\_\_\_
  - 3. \_\_\_\_\_
  - 4. \_\_\_\_\_
  - 5. \_\_\_\_\_
  - 6. \_\_\_\_\_
  - 7. \_\_\_\_\_
  - 8. \_\_\_\_\_
  - 9. \_\_\_\_\_
  - 10. \_\_\_\_\_
  - 11. \_\_\_\_\_
  - 12. \_\_\_\_\_
  - 13. \_\_\_\_\_
  - 14. \_\_\_\_\_
  - 15. \_\_\_\_\_
  - 16. \_\_\_\_\_
  - 17. \_\_\_\_\_
  - 18. \_\_\_\_\_
  - 19. \_\_\_\_\_
  - 20. \_\_\_\_\_

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## About the Author

Daniel de Lill, PhD is an award-winning author, lauded professor, internationally-acclaimed scientist, and certified life coach. A natural overachiever with a frenzied and taxing lifestyle, Dan has learned a variety of hacks and tricks that allow him to juggle the responsibilities of the modern age with the joys of leading a meaningful life. His passion is to help others actually *live* their lives in today's demanding world.

Daniel received bachelor's degrees in French and chemistry from Lock Haven University of Pennsylvania (2000) and his master's and doctorate degrees (2006, 2008) from The George Washington University (Inorganic/Materials Chemistry). He was a National Science Foundation Postdoctoral Scholar at the University of Nevada, Reno before beginning his academic career in Florida in 2010. He has also received certifications in Life Coaching and Neurolinguistic Programming from the Academy of Modern Applied Psychology.

Keep visiting <http://www.LivingMinutes.com> to get the latest news and updates on the Living Minutes Lifestyle. Remember — If you've got time to lean, you've got time to dream, one Minute at a time! Look for more books in the series coming soon, with Just a Moment! planned for release in 2022.