

Burnout, impossible workload, even more impossible bosses... All you need is 5 Good Minutes to cope with any of them.

It's 3 PM, you're not even halfway through the day's "to do" list, your boss just dumped another assignment on you, and your energy's MIA. Don't worry...All you need is five good minutes. In this latest book in the Five Good Minutes™ series, **Five Good Minutes™ at Work: 100 Mindful Practices to Help You Relieve Stress & Bring Your Best to Work** (July 2007), Jeffrey Brantley, MD., and Wendy Millstine, NC, give you 100 mindful exercises to turn your workday from chaotic to calm, frazzled to fantastic, in just five short minutes. You'll learn how to:

- **Work more intelligently and compassionately with others**

It's true: some people are just plain difficult...some are even flat-out obnoxious and it can be really tough when they're in the cubicle next door. You can't change them, but you can learn how to insulate yourself from their effect by becoming smarter and more compassionate in how you relate to them. Brantley and Millstine show you how.

- **Develop a de-stress travel kit**

Toothbrush: check. Shampoo: check. De-stress kit: check. Brantley and Millstine offer you indispensable exercises for making business travel stress-free, including coping with crowds, reducing airport agony, and de-stressing in driving debacles.

- **Tame workplace stress, deal with deadlines, and overcome frustrations**

Too many deadlines, too much work, too much pressure. For many of us that's just an ordinary day at work. Now, in just five minutes, you can escape stress before it overwhelms you.

- **Work more effectively**

Brantley and Millstine show you how to overcome inertia and be more productive by becoming more mindful.

About the Authors



Photo: Kent Murray

Jeffrey Brantley, MD, is a consulting associate in the Duke University Department of Psychiatry and the founder and director of the Mindfulness-Based Stress Reduction Program at Duke University Center for Integrative Medicine. He has represented the Duke MBSR program in numerous radio, television, and print interviews. He is the best-selling author of *Calming Your Anxious Mind* and coauthor of *Five Good Minutes* and *Five Good Minutes in the Evening*.



not another deadline!

Sooner or later everyone hits that wall where they feel completely stressed out.

The straw that breaks the camel's back can be something as routine as one more deadline, one more meeting, or one more thing to do. For immediate relief, try the following.

1. Push back from your desk or step back from your workstation and find some privacy.
2. Breathe or listen mindfully for about a minute.
3. Set your intention. For example, "May this practice bring me relief and ease."
4. Breathe or listen mindfully for a few more breaths.
5. Think of one thing you are grateful for. Name it. Be concrete—for example, "I am healthy enough to work. I have friends and family who love me."
6. Relax, breathe mindfully, and ask, "What are some other blessings in my life?" Listen for any response and acknowledge that.
7. Offer an affirmation. For example, "I remember that I have all the support I need."
8. Continue wise self-care as you work.

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Suggested Interview Questions

1. *Five Good Minutes at Work* is the third book in the "Five Good Minutes" series, which offers five-minute mindfulness exercises for relieving stress and anxiety. How do the exercises in this book differ from the ones in the previous books, *Five Good Minutes* and *Five Good Minutes in the Evening*?
2. Early in *Five Good Minutes at Work* you say "Don't believe everything you think." What do you mean by this and how does it relate to mindfulness?
3. Why are people so stressed at work these days?
4. How do you define five *good* minutes?
5. You talk about the need to work with emotional intelligence. What do you mean by this?
6. What is mindful breathing and can you walk us through a mindful breathing exercise?
7. A section of *Five Good Minutes at Work* is called "Travel, deadlines, frustrations, & other opportunities." How are these things opportunities?
8. What role does kindness play in relieving workplace stress?
9. How can practicing the mindfulness exercises in your book help you to be more effective at your work?
10. You have an exercise called "I did what?!" which helps to reduce the stress that excessive self-criticism can trigger. First, how does a harsh inner critic hurt work performance and second, can you walk us through this exercise?

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
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