



The Next Ten Minutes: 51 Absurdly Simple Ways to Seize the Moment

Andrew Peterson

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The desire to discover meaning in our lives is a powerful motivator for many people. Some turn to psychotherapy and counseling for help, some turn to spiritual teachings, and many turn to both. *The Next Ten Minutes* is the guide to help us discover the seeds of transformation and meaning in even the most ordinary routines.

The Next Ten Minutes consists of a collection of exercises originally created for use in Dr. Peterson's successful counseling practice. Rather than taking readers out of the everyday, Dr. Peterson invites them to move more deeply into the familiar tasks of ordinary life, such as turning simple breathing, eating, physical love, or throwing out the trash into meditative exercises that can transform your day. Based on both Buddhist philosophy and proven psychology techniques, these succinct and accessible meditations also offer simple and effective methods for therapeutic counseling and personal growth. The power to seize the day is but a few simple steps away.

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