

Just Five More Minutes

A groundbreaking New York Times and Wall Street Journal bestseller that is captivating readers of Malcolm Gladwell, Daniel Pink, The Power of Habit, and Quiet For generations, we have focused on the individual drivers of success: passion, hard work, talent, and luck. But today, success is increasingly dependent on how we interact with others. It turns out that at work, most people operate as either takers, matchers, or givers. Whereas takers strive to get as much as possible from others and matchers aim to trade evenly, givers are the rare breed of people who contribute to others without expecting anything in return. Using his own pioneering research as Wharton's youngest tenured professor, Grant shows that these styles have a surprising impact on success. Although some givers get exploited and burn out, the rest achieve extraordinary results across a wide range of industries. Combining cutting-edge evidence with captivating stories, this landmark book shows how one of America's best networkers developed his connections, why the creative genius behind one of the most popular shows in television history toiled for years in anonymity, how a basketball executive responsible for multiple draft busts transformed his franchise into a winner, and how we could have anticipated Enron's demise four years before the

company collapsed--without ever looking at a single number. Praised by bestselling authors such as Dan Pink, Tony Hsieh, Dan Ariely, Susan Cain, Dan Gilbert, Gretchen Rubin, Bob Sutton, David Allen, Robert Cialdini, and Seth Godin--as well as senior leaders from Google, McKinsey, Merck, Estée Lauder, Nike, and NASA--Give and Take highlights what effective networking, collaboration, influence, negotiation, and leadership skills have in common. This landmark book opens up an approach to success that has the power to transform not just individuals and groups, but entire organizations and communities.

Alexa Roberto lived a blessed life until the rollercoaster ride from hell began on November 24, 2017. Growing up, you often hear of the unfortunate event of families suffering with relatives that have been diagnosed with cancer. However, at such a young age it is hard to understand. Even more so when a perfectly healthy 18 year old gets diagnosed with lymphoma in her bone marrow. A real life journey, going through bundles of emotions for Alexa and her entire family and friends. If only cancer didn't hit AGAIN on the drop down...

If you're a County Music fan, you've seen glimpses perhaps of it on TV shows like Nashville and movies like Walk the Line, but never before have fans of music's biggest-selling genre been invited inside the heart of the creative nerve centers where their

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favorite # 1 hits are brought to life, the recording studio! Inside the pages of BEHIND THE BOARDS: NASHVILLE, Country music fans for the first time ever are given a front-row seat inside Music Row's most famous recording studios on tours narrated by the town's BIGGEST record producers. Regaling readers with exclusive, first-hand stories behind the recording of generations of the biggest # chart-toppers by Country's biggest stars, including LUKE BRYAN, TAYLOR SWIFT, TIM MCGRAW, CARRIE UNDERWOOD, LADY ANTEBELLUM, JASON ALDEAN, FAITH HILL, SAM HUNT, MIRANDA LAMBERT, KEITH URBAN, THE BAND PERRY, THOMAS RHETT, MAREN MORRIS, CHRIS STAPLETON, KACEY MUSGRAVES, FLORIDA/GEORGIA LINE, THE RASCALL FLATTS, JIMMY BUFFETT, MARTINA McBRIDE, ALABAMA, SARA EVANS, DAN + SHAY, RAYLYNNE, BLAKE SHELTON, DOLLY PARTON, COLE SWINDELL, REBA McENTYRE, ZAC BROWN BAND, KENNY CHESNEY, BRAD PAISLEY, OLD DOMINION, ERIC CHURCH, and countless more! This V.I.P. tour for readers inside Nashville's biggest studios and the recording careers of Country Music's biggest stars and producers will be a sure hit with everyone from Millennials to Old-School Country fans

Describes the life of 26th President Theodore Roosevelt and his accomplishments.

It only takes five minutes to start changing your life.

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For good. Everyone wants to be healthy. But thanks to the unceasing distractions in modern life, virtually everyone also struggles to maintain this priority. And thanks to a flood of conflicting opinions and complicated programs, figuring out how to be healthy can be overwhelming. But what if all it took to make a real difference was five minutes of your day? If you've ever struggled to prioritize your health, or started an intensive plan only to stop days, weeks, or months later, it's not your fault—behavioral science shows that most plans simply aren't built to last.?

Already a #1 bestseller in the UK, *Feel Better in 5* outlines a daily five-minute plan that is easy to follow, easy to maintain, and requires minimum willpower. From Dr. Rangan Chatterjee, a pioneer in the emerging field of progressive medicine and star of BBC's *Doctor in the House*, *Feel Better in 5* draws on his 20 years of experience, including real-life case studies from his medical practice, to identify simple, effective strategies that will help you become healthier, happier, and less stressed. Inside, discover:

- A strength workout that you can do anywhere
- Gut-boosting snacks you can eat on the go
- Yoga moves to relax and stay supple
- Breathing exercises to calm the mind

To get healthy and stay that way, you need a program that doesn't force you to shape your life around its demands. *Feel Better in 5* gives you a program that shapes itself around your life. It is your daily five-minute

prescription for a happier, healthier you.

It's not fair! All Little Owl wants is to go to bed at a reasonable hour, like his friends do. But no . . .

Mama and Papa say little owls have to stay up late and play. So Little Owl spends all night jumping on his bed, playing on the jungle gym, and doing tricks on his skateboard but he's hooting mad about it!

Children who have a hard time going to bed will love this fun twist on the universal dilemma.

When bedtime comes, Mark begs his mom to stay up longer and finds many imaginative reasons to avoid going to sleep.

D'Arcy must cope with the death of her father and the fact that he committed suicide.

The New Artisan Bread in Five Minutes a Day is a fully revised and updated edition of the bestselling, ground-breaking, and revolutionary approach to bread-making--a perfect gift for foodies and bakers! With more than half a million copies of their books in print, Jeff Hertzberg and Zoë François have proven that people want to bake their own bread, so long as they can do it easily and quickly. Based on fan feedback, Jeff and Zoë have completely revamped their first, most popular, and now-classic book, Artisan Bread in Five Minutes a Day. Responding to their thousands of ardent fans, Jeff and Zoë returned to their test kitchens to whip up more delicious baking recipes. They've also included a gluten-free chapter, forty all-new gorgeous color photos, and

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one hundred informative black-and-white how-to photos. They've made the "Tips and Techniques" and "Ingredients" chapters bigger and better than ever before, and included readers' Frequently Asked Questions. This revised edition also includes more than thirty brand-new recipes for Beer-Cheese Bread, Crock-Pot Bread, Panini, Pretzel Buns, Apple-Stuffed French Toast, and many more. There's nothing like the smell of freshly baked bread to fill a kitchen with warmth, eager appetites, and endless praise. Now, using Jeff and Zoë's innovative technique, you can create bread that rivals those of the finest bakers in the world in just five minutes of active preparation time.

NATIONAL BESTSELLER • A stunning “portrait of the enduring grace of friendship” (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. A NATIONAL BOOK AWARD FINALIST • A MAN BOOKER PRIZE FINALIST • WINNER OF THE KIRKUS PRIZE A Little Life follows four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly

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bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara's stunning novel is about the families we are born into, and those that we make for ourselves. Look for Hanya Yanagihara's new novel, *To Paradise*, coming in January 2022.

Gritty and hard hitting, this is thoughtful teen fiction at its finest. Seventeen-year-old Tyler is the popular boy in high school after years of being "the geek". But then Bethany - rich, blonde, beautiful - is the victim in a teenage sex scandal, and somehow Tyler is the prime suspect. Can Tyler find a way out of the mess he's in?

This book is a compilation of 202 short stories from different books, magazines, blogs, pages, and websites which each story you can read in a very short time. Each story always has an important lesson attached to it. At the end of every story is the moral lessons, which you can gain knowledge and reflections in life. The purpose is to enjoy and learn because short stories are little and always entertain. Some stories make us learn something like being a good person, success, helping people and other things. You can learn more from short stories just like novels. Short stories simply you get you to the point much quicker. The stories written in this book have moral lessons or an insight into life that gives a new perspective. I just want you to gain experiences and enhance your life. You will learn lessons through

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our mistakes, our successes, and our relationships. Something that can lead us to success in life. Reading this book can give you a sense of satisfaction as well as being great fun. Enjoy reading and have fun.

A one-of-a-kind, laugh-out-loud picture book, perfect for any kid who has ever begged or bemoaned, "Five more minutes?!" Families everywhere will recognize themselves in this clever, hilarious, and completely irresistible picture book. Five minutes is a lot of time... or is it? Well, it depends on what you're doing, of course! Follow one little boy and his family on a very busy day, as he discovers that sometimes five minutes feels like forever--like when you're finishing up at the dentist's office or waiting in line for the bathroom or in the backseat on a long car ride--and sometimes five minutes feels like no time at all--like when you're playing your favorite game or at the tippy top of a roller coaster or snuggling up with a book before bedtime.

The 100 simple practices found in *Five Good Minutes* are designed to help even the busiest person start the day right. Using just five minutes of mindfulness, relaxation, or imagery techniques during their morning routines, readers can set their intentions and greet the day feeling calm, centered, and energized.

When it's Mommy's bedtime, she begs her little girl -- Five more minutes? Ok, but then brush your teeth!

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But then Mommy wants another glass of water...another story...luckily this little girl is very patient! A hilarious reversal of the classic bedtime routine in which a little girl puts Mommy (and then Daddy) to bed.

Every Five Minutes is a B.R.A.G. Medallion Award book. Gina, if that is her real name, wakes to an autumn morning and, against her better judgement, selects a light dress to wear to work. Deliberately, she misses the bus and walks into the city, then turns and walks back home. This is not a day for work. Tomorrow, in her navy pantsuit, she will be there. Today she will spend with a white dog and a remarkable man. Every Five Minutes is also about the colour cornflower blue, beaches, parks, city streets, exotic places, coffee, flowers, polished stones, a unicorn and a swan, words, theatre, movies, music, and love. But most of all it's about Gina, the dog, and the man. Reviewers say - "I adored this book" "I hated the story to end. Read it and you'll see. It's a lovely, lovely book." "A masterpiece...perfect in its style and delivery" "her writing brilliance showed on each page as she pulled it off." "Please make sure you add this to your to be read list." See www.flaxroots.com

"This highly engaging landmark work, a natural history of exercise--by the author of the best seller *The Story of the Human Body*--seeks to answer a fundamental question: were you born to run or rest The first three parts of *Exercised*

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roughly follow the evolutionary story of human physical activity and inactivity, even as each chapter shatters a particular myth about exercise. Because we cannot understand physical activity without understanding its absence, Part One begins with physical inactivity. What are our bodies doing when we take it easy, including when we sit or sleep? Part Two explores physical activities that require speed, strength, and power, such as sprinting, lifting, and fighting. Part Three surveys physical activities that involve endurance, such as walking, running, or dancing, as well as their effect on aging. Part Four considers how anthropological and evolutionary approaches can help us exercise better in the modern world. How can we more effectively manage to exercise, and in what ways? To what extent, how, and why do different types and durations of exercise help prevent or treat the major diseases that are likely to make us sick and kill us?"--

Five Minutes a Day to an Upgraded Therapy Practice is a compilation of short, useful suggestions based on classic theory, current research, and wisdom gathered over fifteen years of clinical practice, supervision, and graduate teaching in psychology and counseling. Chapters include highly practical upgrades on standard therapy techniques and ideas for continual therapist development (that respect the busy life of the mental health professional!). The book is made up of ten sections, each with ten short chapters, each readable in under five minutes. It is an indispensable resource for practicing mental health clinicians, including counselors, clinical social workers, psychologists, and other helpers, as well as advanced students in counseling or similar graduate programs.

What's the secret to sales success? If you're like most business leaders, you'd say it's fundamentally about relationships-and you'd be wrong. The best salespeople don't

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just build relationships with customers. They challenge them. The need to understand what top-performing reps are doing that their average performing colleagues are not drove Matthew Dixon, Brent Adamson, and their colleagues at Corporate Executive Board to investigate the skills, behaviors, knowledge, and attitudes that matter most for high performance. And what they discovered may be the biggest shock to conventional sales wisdom in decades. Based on an exhaustive study of thousands of sales reps across multiple industries and geographies, *The Challenger Sale* argues that classic relationship building is a losing approach, especially when it comes to selling complex, large-scale business-to-business solutions. The authors' study found that every sales rep in the world falls into one of five distinct profiles, and while all of these types of reps can deliver average sales performance, only one—the Challenger—delivers consistently high performance. Instead of bludgeoning customers with endless facts and features about their company and products, Challengers approach customers with unique insights about how they can save or make money. They tailor their sales message to the customer's specific needs and objectives. Rather than acquiescing to the customer's every demand or objection, they are assertive, pushing back when necessary and taking control of the sale. The things that make Challengers unique are replicable and teachable to the average sales rep. Once you understand how to identify the Challengers in your organization, you can model their approach and embed it throughout your sales force. The authors explain how almost any average-performing rep, once equipped with the right tools, can successfully reframe customers' expectations and deliver a distinctive purchase experience that drives higher levels of customer loyalty and, ultimately, greater growth.

A book about two siblings who travel into the depths of their

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own imaginations through a simple game of make-believe with a handful of cherries.

'A witty, big-hearted book' - Guardian The perfect book for Father's Day from the uniquely talented, award-winning picture book creator, Marta Altés, author of Little Monkey. A brilliantly funny, sweet story about time, how we spend it, how it passes and how we can share it together. Perfect for busy children and tired dads everywhere! Time is a funny thing. Dad talks about it a lot, but I think I know more about time than he does. A little fox gives his time-starved dad some sage advice about what 'time' really means, and how to make the most of it, from bath time to baking time to 'dad' time. Wise, witty and full of honest vignettes of family life, Five More Minutes is a from bestselling author-illustrator, two times CILIP Kate Greenaway Medal nominee and BookTrust Time to Read favourite, Marta Altés. 'Utterly relatable for anyone with a young family' - BookTrust 'A wise, witty story, full of acutely observed vignettes of family life' - Just Imagine #1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of I Am the Messenger, has given us one of the most enduring stories of our time. "The kind of book that can

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be life-changing.” —The New York Times “Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank.” —USA Today **DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.**

From the authors of the best-selling *Five Good Minutes*® with more than 50,000 copies in print, this little book offers 100 mindfulness exercises, visualizations, and affirmations to calm down and transition from the workday into an enjoyable and restful evening.

(Vocal Selections). Six has received rave reviews around the world for its modern take on the stories of the six wives of Henry VIII and it's finally opening on Broadway! From Tudor queens to pop princesses, the six wives take the mic to remix five hundred years of historical heartbreak into an exuberant celebration of 21st century girl power! Songs include: All You Wanna Do * Don't Lose Ur Head * Ex-Wives * Get Down * Haus of Holbein * Heart of Stone * I Don't Need Your Love * No Way * Six.

This is a fun book celebrating one of the world's most under-appreciated holiday figures, the Groundhog. We all look forward to that chilly February morning when he makes his way out of his home to reveal his famous weather predictions, but how does HE really feel about it? This story is told from the perspective of our beloved furry prognosticator, and well...he has a few requests. There's LOVE. That's it. Then there is the absence of love. Then there are people who think it's love, People who believe it's love, People who act as if it's love, People who wish and pray for it to be love.

Love can't be forced, Love can't be bought, Love should be felt, Love should be nurtured, Love should be shared. Just because I, they, we sometimes call it love Does not always mean that it is indeed love. It's either love or it's other stuff.

The instant New York Times bestseller! "Utterly unique and absolutely riveting—I couldn't put it down! What a marvelously cool world."—New York Times bestselling author Sarah J. Maas From the author of the New York Times bestselling White Rabbit Chronicles series comes book 1 of a brand new series in which life as we know it is merely a dress rehearsal, and real life begins after death. Tenley "Ten" Lockwood is an average seventeen-year-old girl...who has spent the past thirteen months locked inside the Prynnne Asylum. The reason? Not her obsession with numbers, but her refusal to let her parents choose where she'll live—after she dies. There is an eternal truth most of the world has come to accept: Firstlife is merely a dress rehearsal, and real life begins after death. In the Everlife, two realms are in power: Troika and Myriad, longtime enemies and deadly rivals. Both will do anything to recruit Ten, including sending their top Laborers to lure her to their side. Soon, Ten finds herself on the run, caught in a wild tug-of-war between the two realms who will do anything to win the right to her soul. Who can she trust? And what if the realm she's drawn to isn't where the boy she's falling for lives?

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She just has to stay alive long enough to make a decision...

"But Captain, we're not tired yet! We're terrors of the seven seas! We're rough tough noisy pirates! Just five more minutes, please!" Captain Cutlass's crew aren't quite ready for bed yet. What jobs can he find to keep his trusty pirates busy? Why, there's washing to scrub and hats to stitch and cracks in the hull to seal with pitch! With delightful rhyming text, humorous illustrations, and read-along audio narration, *Five Minutes to Bed!* will help your little darlings go to bed and stay there.

From the authors of the *Artisan Bread in Five Minutes a Day* series comes a holiday and celebration cookbook that uses the same groundbreaking quick and easy baking method. Zoë François and Jeff Hertzberg shocked the baking world when they proved that homemade yeast dough could be stored in the refrigerator to use whenever you need it. Now, they've done it again with *Holiday and Celebration Bread in Five Minutes a Day*, a cookbook with savory, sweet, healthy, and decadent recipes for every occasion. Every culture has its great bread traditions for holidays and celebrations—traditional Christmas loaves from Ukraine, Greece, Germany, Italy and Scandinavia; celebration breads from France and Israel; Easter breads from the United Kingdom, Sweden, and Austria to name a few. The book is chock-full of

fragrant, yeasted treats made for celebrations and special occasions. All the old standbys are here, plus delicious examples from around the world. All were too time-consuming and painstaking to make at home—until now. In 100 clear and concise recipes that build on the successful formula of their bestselling series, *Holiday and Celebration Bread* will adapt their ingenious approach for high-moisture stored dough to a collection of breads from the four corners of the globe. This beautiful cookbook has color photos of every bread and includes step-by-step collages. With Zoë and Jeff's help, you'll be creating breads that rival those of the finest bakeries in the world—with just five minutes a day of active preparation time.

WHAT'S IMPORTANT TO YOU TODAY? What if five minutes could change your routine and change your day? What if you checked in with how you are feeling for just those few minutes, maybe sitting down over that cup of coffee or tea, or quietly sitting by the window before you head towards the shower? Writing things down has been shown to help people more successfully achieve their dreams and goals. It is a way to help us focus on what matters, prioritise what we are going to do for the day ahead and track our progress. *Five Minutes in the Morning* offers a beautiful space and creative exercises to encourage reflection and intention setting at the start of the day.

ALL IT TAKES IS FIVE MINUTES IN THE

MORNING.

"This book is an easy-to-use resource that zeroes in on a leader's real-life struggles and offers clear solutions-without complex theory or jargon. The reader will learn tips that can be applied immediately and discover practical actions for improving skills. Although the book can be read from cover to cover, it is organized by topic to allow for a stand-alone, five-minute read of leadership tips, reflections, and suggestions"--

What happens when your worst fears as a parent come true, when you receive that dreaded phone call, the one you have always prayed you would never get? Your child has passed away, and now you are living a real-life nightmare. You suddenly beg God and bargain for just five more minutes with your child. You want to hold them again, tell them you love them, and that everything will be all right. In reality, you must now face the truth. You will never see them again. Bambe Riker Johnson, an ordinary mom, tells her extraordinary story of living this nightmare, not once but twice. She shows great resilience and courage as she shares her story of navigating life in those early days of grief and trauma. She proves that there are many reasons to continue living. While she shares her living hell, she also shares bits of hope and how she has found piece once again. Each chapter stands alone as a guide to handle daily life, including information on

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legal processes involved, living without your loved one, handling relationships with others and with God, managing your mental health, addiction, and even suicide. This book will help you in your darkest hours, and if you are seeking to help someone you love, this will give you insight. This has also been written to help mental health professionals as a means of trauma education. You will survive this. You are courageous and strong, and you are not alone.

“I remember attending an Open Mic session at a venue located in downtown Detroit. A poet took the stage and before reciting his piece, he said that a poet has five minutes to impact his or her audience either negatively or positively. What a poet said in those five minutes could either create change or maintain the status quo. I went home that evening and asked myself, “What if, after five minutes, I could no longer write poetry for the rest of my life. What would I write in my last five minutes?” The answer? If I Only Had Five Minutes. The Last Will and Testament of a Hip Hop Poet. If I Only Had Five Minutes. The Last Will and Testament of a Hip Hop Poet is a three disc compilation: Life, Love, & Rhymes. In 26 poems I speak his language, swallow her pain, dream my memories, and create our rhythm. In my ‘five minutes’ I fill white space with unlimited possibility. In my ‘five minutes,’ I write now, so others can remember later... What will you do with your five minutes?” Tia DeShay

Young forest animals make various requests to their parents in order to stay up longer.

On a sunny spring morning, the lives of a Father and two small children are going to tragically change forever. From a murder to a trial and the rebuilding of lives. This is a journey

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nobody wants to take, but sometimes we have no choice. This is a real life story of children, love and murder.

Chinatown Pretty features beautiful portraits and heartwarming stories of trend-setting seniors across six Chinatowns. Andria Lo and Valerie Luu have been interviewing and photographing Chinatown's most fashionable elders on their blog and Instagram, Chinatown Pretty, since 2014. Chinatown Pretty is a signature style worn by pòh pòhs (grandmas) and gùng gungs (grandpas) everywhere—but it's also a life philosophy, mixing resourcefulness, creativity, and a knack for finding joy even in difficult circumstances. • Photos span Chinatowns in San Francisco, Oakland, Los Angeles, Chicago, New York City, and Vancouver. • The style is a mix of modern and vintage, high and low, handmade and store bought clothing. • This is a celebration of Chinese American culture, active old-age, and creative style. Chinatown Pretty shares nuggets of philosophical wisdom and personal stories about immigration and Chinese-American culture. This book is great for anyone looking for advice on how to live to a ripe old age with grace and good humor—and, of course, on how to stay stylish. • This book will resonate with photography buffs, fashionistas, and Asian Americans of all ages. • Chinatown Pretty has been featured by Vogue.com, San Francisco Chronicle, Design Sponge, Rookie, Refinery29, and others. • With a textured cover and glossy bellyband, this beautiful volume makes a deluxe gift. • Add it to the shelf with books like Humans of New York by Brandon Stanton, Advanced Style by Ari Seth Cohen, and Fruits by Shoichi Aoki.

Synopsis coming soon.....

At a difficult time in my parenting life, where I wanted to be "anywhere but here" with regard to my children, I embarked upon a daily Time In routine. It would be supremely succinct of me to say that this practice - of interrupting myself to spend

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five minutes a day with my young children - saved my disintegrating relationships with them. Yet this statement, while entirely true, doesn't reflect truth entirely because it lacks the crucial details demonstrating just how this change came about. A wise high school English teacher said a hundred times if she said it once, "With your words, don't tell me. Show me." And so this book is a deeply personal illustration of my, a floundering parent's, attempts to overcome the cycle of disengagement with a search for charity through small-dosed intentionality. Time In changed the relationship dynamic between myself and each of my five children for the better. I'm talking about a 180-degree reversal. Or at least a 90-degree pivot. Or whatever number of degrees it takes to conceivably point me in a better parental direction and confirm that this crazy simple five-minute experiment works. In real life. It works. My biggest hope is that each customized application of Time In renders an equally rewarding outcome for all parents and the small humans we are blessed to raise. (Visit brittneysmart.me for more of Brittney's stuff.) (Cover photo by Savannah Merrill @smerillphotography)

Readers' Unsolicited Praise for The Five-Minute Time In: - "Unbelievably pertinent to the way I've been feeling lately." - "Engaging and thought provoking." - "The message couldn't have been more timely for me. Thank you for reminding us all of the importance of connection and the power that lies in small doses of intentionality." - "All the thumbs up. Can't wait to share it with my kids." - "I asked [my daughter] what was wrong, and she kept telling me, 'nothing.' But tonight during that five minutes before she went to bed, she poured her little heart out to me. It made me realize she's really noticing when I'm actually 'listening.'" - "The best parenting book I've ever read. It's quick and speaks to my soul." - "Full of intelligence, humor, and a down-to-earth outlook at motherhood." - "Motivat[ed] me to be better." -

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"There are things in here I need right now." - "I could not BELIEVE how much this book hit home. ... I finished it in one night and started implementing the 'Time In' approach the next day. It has been less than a week, and I can't tell you the difference that is already taking place in my mind and home." - "Read it in one setting and really enjoyed it." - "Highly, strongly, lovingly recommend." - "I bawled through a lot of the first part of the book. Relating in so many ways. ... Inspiring and just so real."

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