

Got a minute?

The high price for trying to get everything done can be letting yourself become undone. A busy life is an easy place to lose *you*. Everyone always says, “you must take time for yourself,” but how is that possible when the demands of parenting are immediate and overwhelming? Yet you **know** that to be able to take the **best** care of your family you must take care of yourself, first!

The greatest gift you can give your family is the gift of your own attention, discovering from within what is true and authentic. For this self-discovery, exotic travel is optional; inquiry is mandatory. ***A Minute for Me*** helps you learn to live life’s moments to their fullest and provide you with a method to take time for yourself while still balancing your obligations. It is a skill that will last you a lifetime.

This inspiring collection of essays and sixty-second exercises by award-winning author Megan McDonough, is about carving out one minute, a mere sixty seconds in even the busiest day, to slow down just long enough to pay attention to what’s going on inside you and focusing yourself just long enough before you move on to the next task. You can think about the past, plan for the future, but the only time you experience life is right here, right now—in this very moment. You and your family are worth it.

A Minute For Me rests on the lessons that this yoga-teaching mom has distilled from more than twenty years of sales and marketing leadership in the largest healthcare companies on the globe, entrepreneurial success as a health and wellness consultant, trainer and writer, and as a committed practitioner of mindful living.

About the author: Mastery of “how to get from Point A to Point B” is Megan McDonough's trademark, whether it’s leading Kripalu Center’s entry into online learning, speed-launching a first-of-its-kind worldwide virtual conference, creating award-winning executive sales techniques, developing consumer wellness products, or teaching thousands of people to live with ease and clarity based on their own internal compass. A national media source for *Fast Company*, *Yoga Journal*, and *Woman’s Day*, Megan is an explorer at heart, uniquely prepared by her own professional and personal adventures to help you navigate the tricky path between dreaming about what’s at the summit and actually climbing Mt. Everest.

A Minute For Me: Learning to savor sixty seconds

Megan McDonough

Satya House Publications

ISBN: 978-1-9358740-9-6 (expanded edition)

ISBN: 978-1-935874-02-7 (e-book)

200 pages, trade paper

Pub Date: January 2, 2012

Distribution: Midpoint Trade Books

\$14.95

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