

**ONE-MINUTE MEDITATIONS AT WORK: 365 DAYS OF
INSPIRATION ON THE JOB**

Dean S. Daddona

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Life is objectively meaningless, so all subjects are just as "important" as. My friend Louise grew up in an Iowa town known for transcendental meditation. I worked as a therapist for almost a decade. Had to Bing it. A new job was on the long list, and meditation on the short list as I could start immediately and do it at home whenever I wanted.