



One Minute for Yourself

By Spencer, M.D. Johnson

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In this story, number one bestselling author Dr. Spencer Johnson reveals a simple, easy way to bring out the best in yourself. Using his proven world-famous One Minute program, you can:

- Take better care of yourself and encourage others to do the same
- Reduce stress at work and at home
- Enjoy a sense of peace and balance
- Have more business and personal success

Life is lived minute by minute. With the practical wisdom that characterizes all of his One Minute books, Dr. Johnson shows how stopping and taking a minute out of the day can make life more meaningful and enjoyable—for you and for those near you.

More than eleven million copies of Dr. Johnson's books are in use in twenty-four languages.

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Editorial Review

Review

'A One Minute masterpiece!' CBS News

About the Author

Spencer Johnson, MD, is one of the most admired thought leaders and widely read authors in the world. His books, including the #1 bestseller *Who Moved My Cheese?*, are embedded in our language and culture. Called "The King of Parables" by *USA Today*, Dr. Johnson is often referred to as the best there is at taking complex subjects and presenting simple solutions that work. His brief books contain insights and practical tools that millions of people use to enjoy more happiness and success with less stress. Over 50 million copies of Spencer Johnson's books are in use worldwide in 47 languages.

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Taking Care of Me:

A Summary

What It is:

The greatest reason for outer success -- at work and in life -- is inner success.

I realize that taking care of business, means taking care of my "Self."

To begin with, I simplify my life.

I treat myself the way I would like others to treat me. I am good to myself.

I often stop during the day for One Minute to look and listen.

I look at what I am thinking or what I am doing and ask myself, "How can I take good care of myself?"

I quietly listen for an answer within me -- to the wisdom of my Best Self and discover what is really best for me.

When I clearly see what is best for me, I usually do it.

Why It Works:

When I take good care of myself, I am less angry and happier -- with myself and others.

When I am happier, I work better. And I treat the people around me better.

Users Review

From reader reviews:

Nora Carter:

Book will be written, printed, or illustrated for everything. You can understand everything you want by a book. Book has a different type. As you may know that book is important issue to bring us around the world. Beside that you can your reading skill was fluently. A reserve One Minute for Yourself will make you to become smarter. You can feel much more confidence if you can know about anything. But some of you think in which open or reading the book make you bored. It isn't make you fun. Why they might be thought like that? Have you looking for best book or suitable book with you?

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Jenna Springer:

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Jeri McKeen:

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