



**[(Ten Zen Seconds : Twelve Incantations for Purpose, Power and Calm)] [By (author) PH D Eric Maisel] published on (March, 2007)**

*PH D Eric Maisel*

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A powerful, ten-second technique can change stress into calm, strength and a centered approach. The basis of The Ten Second Pause is using a single deep breath as a container for a specific thought. This technique is simple to grasp, simple to use, simple to practice and simple to master. This technique can be used anywhere, anytime, by anyone and it's profound in its benefits. You'll find yourself able to do things that previously felt too painful or too difficult to attempt. You'll be able to calm and center yourself before an important meeting or conversation. You'll be able to change your basic attitudes about life, becoming calm and positive where before you may have been anxious or pessimistic. Blending Eastern principles of breath awareness and mindfulness with Western principles of positive psychology, together they offer a powerful antidote to stress, procrastination and anxiousness.

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