



One Moment Please: It's Time to Pay Attention

Martina Sheehan, Susan Pearse

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Attention is a most precious gift. It brings meaning, connection and happiness to our lives.

Studies suggest attention spans are declining, distraction is growing, and we're more concerned than ever about losing the ability to perform the simple but crucial act of paying attention. It's one of the greatest concerns for current and future generations.

When you harness the power of attention, life changes in surprising ways: relationships deepen, experiences become more meaningful and things unfold with greater harmony.

Your attention is fragile and, by taking care of it in a few simple ways, it will reward you with the vibrancy of a full life. If you want to be more present, live more fully and experience the magic of life ... take one moment, please.

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