

Just for Today: A Guide to Mindful Living Day by Day



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We live our lives a day at a time, not in weeks or in months. Our daily actions determine our character.

In this short book you will find a list of what might be called virtues or decent actions.

We would all aspire to be people who practice these virtues. Yet the circumstances of life, the pressure of activities, the arrival of the unexpected challenge, all seem to knock us off course. Days, weeks and years can pass before we recover our equilibrium and finally look back to notice a life spent unmindfully. With a sense of regret we feel we might have done much better. The idea of this book is to take one particular virtue or honest action and really try to put that into effect for just one day in the month.

Some of the suggestions will be found easier than others, none of us are lacking in all of these desirable characteristics. But on some days we will encounter ideas that we will find more difficult to apply. The force of long habit runs strong. But bad habits can be broken and good ones can be acquired if we try to practice with a degree of seriousness. Here you have thirty one ideas, one for each day of the month, thirty one of them so you get a different practice every day. The small daily gestures of goodness and kindness all add up. Here is an invitation to prepare so we can respond with kindness day by day, week by week. We shall not pass this way again. May you find happiness today and every tomorrow as you take up the “challenge for goodness” and try to put this little book into effect in your life. Tony Brady – Dublin 10 September 2015