



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

*Tony Brady*

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## **Just for Today: A Guide to Mindful Living Day by Day** Tony Brady

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

Here you have thirty-one ideas, one for each day of the month, thirty-one of them so you get a different good action to practice every day.

For the most part our lives are lives of quiet application. We go about our business and we do our best. We may never have that once-in-a-lifetime chance to practice greatness in some overwhelming moment of opportunity. But the lives of all of us make a difference, each of our lives is unique in this amazing situation in which we find ourselves. The small daily gestures of goodness and kindness all add up.

Here is an invitation to practice doing the decent thing so we can learn to 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 this “challenge for goodness” and try to put the ideas contained in this little book into effect in your life.

Tony Brady – Dublin September 2015

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