

Practices for Week Five

- Ten minutes of Body Scan meditation (see page 63; track 1 on the CD), to be carried out on six days out of the next seven.
- Ten minutes of the Treasure of Pleasure meditation (see page 164; track 5 on the CD), to be carried out on six days out of the next seven (ideally at a different time of day from the Body Scan). You can also do extra meditations, such as the Breathing Anchor, immediately before the Treasure of Pleasure meditation to help settle the mind.
- Continue implementing your 'baselines' (see pages 170–4).
- A Habit Releaser: write down ten good things (see page 175).