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*Theron Q. Dumont, Mina Parker*

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Mina Parker, tireless mom and author of *365 Excuse Me ...* (inspired by the late Lynn Grabhorn), introduces the new Hampton Roads Collection of motivational classics. These affordable digital shorts will help the harried and the hurried to breathe deep, reassess, and re-purpose their day in the time it takes to drink a large latte.

The first five lessons from Dumont's classic book on using the power of concentration to attain self-mastery, efficiency, and success in business and personal matters. Full of practical advice, much of it is as fresh and relevant today as it was a century ago when New Thought Movement writer William Walker Atkinson first published it.

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