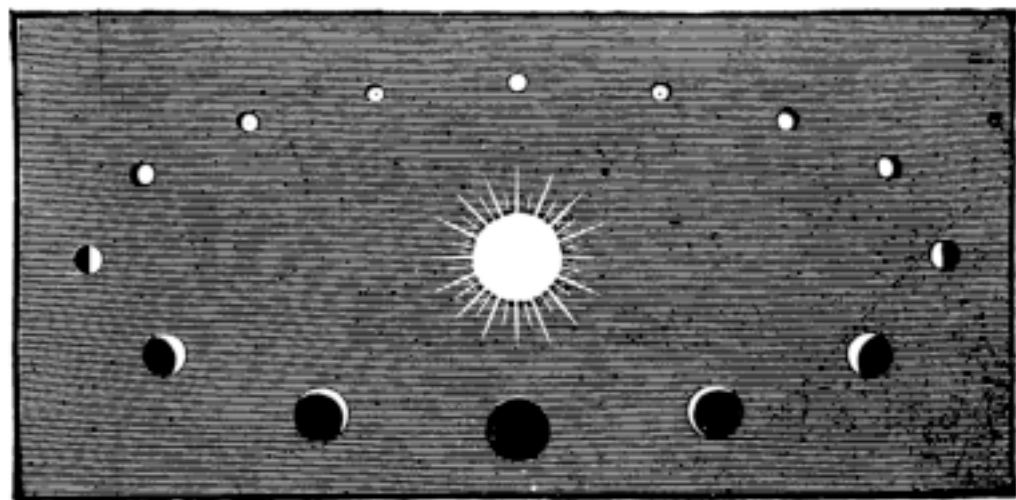


Routine



Ian Dennis Miller

Routine



A REFLECTION OF DAILY LIFE

Ian Dennis Miller

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TORONTO

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This book is dedicated
to my family and friends.
Thank you.

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-

What is your **#Routine**?

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introduction

An activity is *routine* when it is performed daily. More or less. Taken together, all this book's activities are known as: Routine. Routine should become nameless by its invisibility as it dissolves into the structure of life.

Each routine has enough particularity that it is worth writing down. It is too easy to forget some of the finer details of routine activities - and the feeling of forgetting can be frustrating. Life is too short to deal with the friction of recalling trivial steps involved in everyday activity. The routine can provide contentment by settling mundane questions so no more time is wasted revisiting stale thoughts.

The general structure of this document describes one particular life out of many. With some modifications, these routines might be adapted to work with other lives.

overview

These routines are organized into a loose hierarchy:

1. **personal**: the body and mind are the seat of agency, which is fundamental to achieving anything
2. **estate**: the estate supports the home
3. **home**: the home supports personal, family, and professional endeavours
4. **away**: it is occasionally necessary to venture away from home
5. **professional**: become essential to the world

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