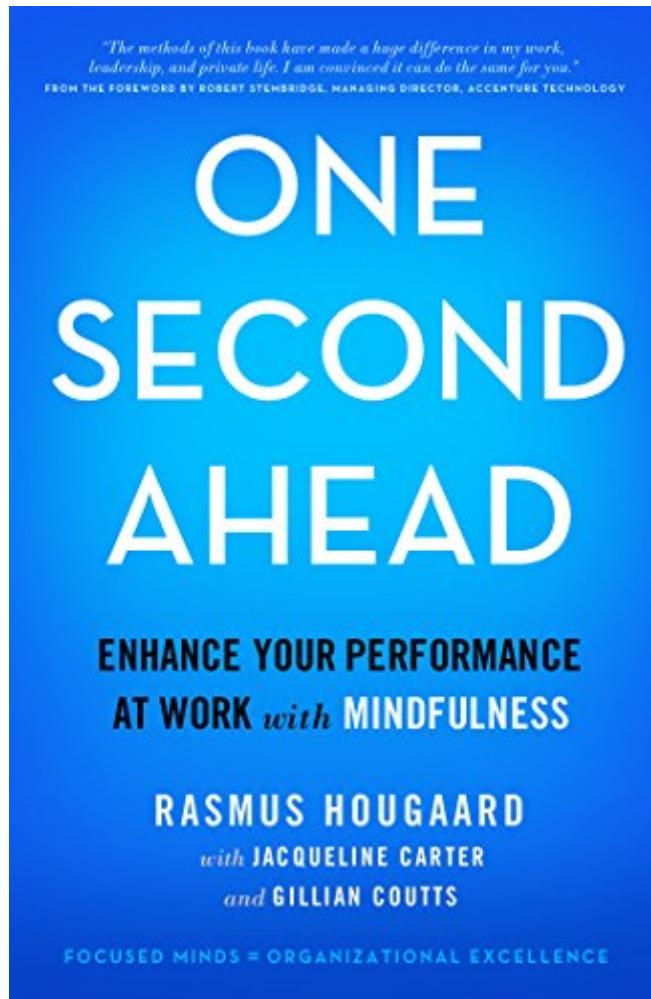


The book was found

# One Second Ahead: Enhance Your Performance At Work With Mindfulness



## **Synopsis**

One Second Ahead is about applying mindfulness techniques (mindfulness techniques enable people to manage their attention, improve their awareness, and sharpen their focus and clarity) to work life.

## **Book Information**

File Size: 1592 KB

Print Length: 251 pages

Page Numbers Source ISBN: 1137551909

Publisher: Palgrave Macmillan; 1st ed. 2015 edition (February 16, 2016)

Publication Date: February 16, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B017J34RKY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #79,861 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 in Kindle Store > Kindle eBooks > Business & Money > Skills > Office Management #13 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Occupational & Organizational #16 in Books > Business & Money > Processes & Infrastructure > Office Management

## **Customer Reviews**

With Jacqueline Carter and Gillian Coutts, Rasmus Hougaard introduces a thought-provoking concept, PAID, an acronym for Pressure, Always on Information Overload, and Distracted. This is a harsh but subtle reality as most of us struggle to cope with severe stress, whatever the nature and extent of our workplace environment may be. Are we doomed to remain under such stress, relentless distractions, and an ever-increasing abundance of information often characterized as a tsunami or blizzard?"Thankfully, the answer is no. It is actually possible to train the brain to respond differently to today's constant interruptions through the practice of mindfulness. Simply put, at its introductory level, mindfulness means trained attention. Based on thousands of practice,

mindfulness techniques enable people to manage their attention, improve their awareness, and sharpen their focus and clarity."In essence, here's the challenge and (yes) the opportunity: bridge mindfulness and every day tasks at work. Whatever the tasks, there is a process to their completion. This is what MihÁjly CsÁ-kszentmihÁjlyi has in mind when explaining what he calls "flow," a state in which one is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. In essence, flow is characterized by complete absorption in what one does. Athletes call it "the zone." Tiger Woods sinks every putt, Michael Jordan makes every shot, Nadia Elena Com'neci is awarded a score of "10" on every gymnastic exercise in Olympic competition. According to Csikszentmihalyi, flow is completely focused motivation.

[Download to continue reading...](#)

One Second Ahead: Enhance Your Performance at Work with Mindfulness Buses (Pull Ahead Books) (Pull Ahead Books (Paperback)) Concrete Mixers (Pull Ahead Books) (Pull Ahead Books (Paperback)) Cranes (Pull Ahead Books) (Pull Ahead Books (Paperback)) Motorcycles (Pull Ahead Books) (Pull Ahead Books (Paperback)) Fighter Planes (Pull Ahead Books) (Pull Ahead Books (Paperback)) Helicopters (Pull Ahead Books) (Pull Ahead Books (Paperback)) Stock Cars (Pull Ahead Books) (Pull Ahead Books (Paperback)) Supercross Motorcycles (Pull Ahead Books) (Pull Ahead Books (Paperback)) The Mindfulness Coloring Engagement Calendar 2017: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) Creative Animals Coloring Book: The Mindfulness Animal Coloring Book for Adults (Mindfulness Coloring Book, Art Therapy Coloring Book) (Volume 1) The Mindfulness Coloring Book: Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring Series) Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn Mindfulness: 50 Easy Mindfulness Exercises for Beginners to Live in the Moment and the Art of Letting Go Trade Mindfully: Achieve Your Optimum Trading Performance with Mindfulness and Cutting Edge Psychology (Wiley Trading) Feng Shui at Work : Arranging Your Work Space to Achieve Peak Performance and Maximum Profit How We Love: Discover Your Love Style, Enhance Your Marriage Color in Your Home -- Using Paint and Fabrics to Enhance Your Interior Design How to Make Your Small Business Look Larger Even on a Budget: Enhance Your Business Image Without Breaking the Bank (Business Basics for Beginners) Seven Prayers That Can Change Your Life: How to Use Jewish Spiritual Wisdom to Enhance Your Health, Relationships, and Daily Effectiveness

[Dmca](#)