



## One Second Ahead: Enhance Your Performance at Work with Mindfulness

By Rasmus Hougaard, Jacqueline Coldrick Carter, Gillian Coutts

Palgrave Macmillan. Hardback. Book Condition: new. BRAND NEW, One Second Ahead: Enhance Your Performance at Work with Mindfulness, Rasmus Hougaard, Jacqueline Coldrick Carter, Gillian Coutts, Researchers have found that the accelerated pace of modern office life is taking its toll on productivity, employee engagement, creativity and well-being. Faced with a relentless flood of information and distractions, our brains try to process everything at once increasing our stress, decreasing our effectiveness and negatively impacting our performance. Ironically, we have become too overworked, unfocused, and busy to stop and ask ourselves the most important question: What can we do to break the cycle of being constantly under pressure, always-on, overloaded with information and in environments filled with distractions? Do we need to accept this as the new workplace reality and continue to survive rather than thrive in modern day work environments? Thankfully, the answer is no. In their new book, ONE SECOND AHEAD: Enhance Your Performance at Work with Mindfulness (Palgrave Macmillan; November 2015), Rasmus Hougaard, Jacqueline Carter, and Gillian Coutts demonstrate that it is possible to train the brain to respond differently to today's constant pressures and distraction. All it takes is one second. They propose that we need to learn...



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