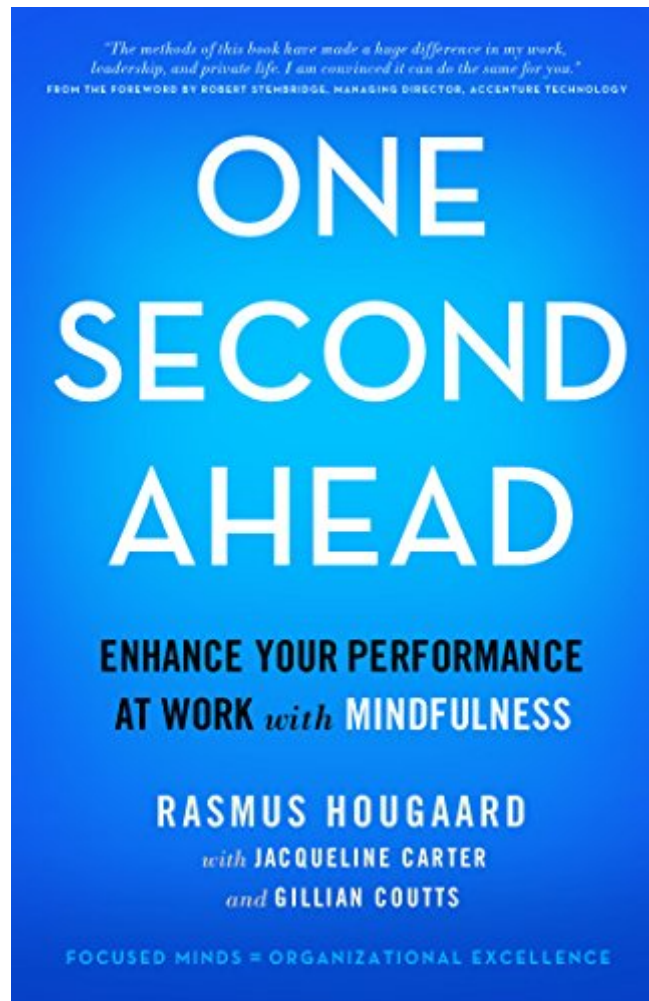


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# One Second Ahead: Enhance Your Performance At Work With Mindfulness



## 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

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## 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 Mihály Csikszentmihályi 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 Comăneci is awarded a score of "10" on every gymnastic exercise in Olympic competition. According to Csikszentmihályi, flow is completely focused motivation.

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