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One Second Ahead" is a timely addition to the repertoire of individuals striving to enhance their productivity and well-being in a fast-paced work life through the application of mindfulness training techniques

(Credit Control, Vol. 37 (2), 2016) "One Second Ahead is a timely addition to the repertoire of individuals striving to enhance their productivity and well-being in a fast-paced work life through the application of mindfulness training techniques."

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to get "One Second Ahead" to enhance performance, creativity and well-being. The foundation is the practice and strategic application of mindfulness to every day work and, specifically, training the mind to be more calm, clear, and focused.

One Second Ahead is a guide to enhancing performance in the workplace by using mindfulness techniques, from boosting creativity to improving dialogue.

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

A Book Review Written by Jim Arjani, LMFT Recently, I read an outstanding book on mindfulness, One Second Ahead: Enhance Your Performance at Work with Mindfulness, written by Rasmus Hougaard with Jacqueline Carter and Gillian Coutts.

**One Second Ahead: Enhance Your Performance At Work With ...**

Researchers have found that the harried 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.

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