



One-Moment Meditation: Stillness for People on the Go

Martin Boroson

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Think of all the moments you "lose": stuck in traffic, standing in line, waiting for a download. And think of all the moments you "waste": working when you're not focused, or fiddling with your phone. What if each of these moments offered you an extraordinary opportunity? In One-Moment Meditation, Martin Boroson distills the philosophy of time into a simple form of meditation that you can do anywhere, anytime. It begins with an exercise that takes just one minute per day. With practice, this takes less and less time, until it takes no time at all. Then each and every moment gives you a chance to reduce stress, refresh your mind, and open yourself to new possibilities. Playful, profound, and above all, practical, One-Moment Meditation teaches you that inner peace is not a distant goal reserved for saints and sages, and it doesn't take a lot of time: it only takes a moment.

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From reader reviews:

Joan Jackson:

Have you spare time to get a day? What do you do when you have a lot more or little spare time? Sure, you can choose the suitable activity to get spend your time. Any person spent their very own spare time to take a go walking, shopping, or went to the actual Mall. How about open as well as read a book called One-Moment Meditation: Stillness for People on the Go? Maybe it is being best activity for you. You recognize beside you can spend your time with the favorite's book, you can more intelligent than before. Do you agree with the opinion or you have different opinion?

Elsie Fiala:

Book is to be different for every single grade. Book for children till adult are different content. As you may know that book is very important for all of us. The book One-Moment Meditation: Stillness for People on the Go ended up being making you to know about other information and of course you can take more information. It doesn't matter what advantages for you. The book One-Moment Meditation: Stillness for People on the Go is not only giving you far more new information but also being your friend when you sense bored. You can spend your current spend time to read your e-book. Try to make relationship using the book One-Moment Meditation: Stillness for People on the Go. You never truly feel lose out for everything in case you read some books.

Julie Kappel:

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Mohammad Darling:

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made some study when he makes this book. That is why this book suitable all of you.

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