



# One-Moment Meditation: Stillness for People on the Go

By 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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