



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

Hougaard, Carter, Coutts

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

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One Second Ahead: Enhance Your Performance at Work with Mindfulness Hougaard, Carter, Coutts 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.



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