

ONE MOMENT MEDITATION STILLNESS FOR PEOPLE ON THE GO BY MARTIN BOROSON%0A

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In One-Moment Meditation, Martin Boroson distills the philosophy of time into a simple form of meditation. And think of all the moments you "waste" working when you're not focused, or fiddling with your phone.

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As we get more and more comfortable with that space, Martin takes us down to one breath meditation and finally one moment meditation. And each step of the way, we can feel that yes, in that short time, we have entered a meditative space.

[The One Moment Master: Stillness for People on the Go ...](#)

The One Moment Master: Stillness for People on the Go. Martin Boroson. Rider, 2007 - Meditation - 195 pages. 0 Reviews

[Martin Boroson biography - Author of One-Moment Meditation](#)

His book, One-Moment Meditation: Stillness for People on the Go, has been published in thirteen languages and his short film, How to Meditate in a Moment, has been viewed by over one million people. For The Huffington Post, Marty created the Stop the Stresscalation campaign, and for Oprah.com, the series, Transform Stress in 30 Days with One-Moment Meditation. Marty's

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[One Moment Meditation by Martin Boroson | Richard Edward Ward](#)

One Moment Meditation Stillness for People on the Go by Martin Boroson is the meditation approach that I have been looking for, for decades. Wow. This practical approach is easy to do and it doesn't take a lot of time: it only takes a moment. The book is a great read and the free [One-Moment Meditation Quotes by Martin Boroson](#). One-Moment Meditation: Stillness for People on the Go by Martin Boroson 54 ratings, 3.94 average rating, 5 reviews One-Moment Meditation Quotes Showing 1-13 of 13 Unfortunately, we reach for the camera so quickly that

we end up taking photos of experiences that we've hardly even experienced.

The One-Moment Meditation

In *One-Moment Meditation: Stillness for People on the Go*, Martin Boroson distills the philosophy of time into a simple form of meditation that you can do anywhere, anytime.

Martin Boroson Blog - One Moment Meditation

Dive deeper into the moment. Start here, with Martin's blog, for deeper insight into the potential of present-moment awareness.

One-Moment Meditation Day 1: Introducing the Basic Minute

Author of *One-Moment Meditation: Stillness for People on the Go*, he lectures on the benefits of a meditative mind for decision-making and leadership. Marty studied philosophy at Yale, earned an MBA from the Yale School of Management and is a formal student of Zen.