

Dramatic change doesn't require a lot of time – it only takes a moment. Tracy Butterworth.

A review of “One-Moment Master – stillness for people on the go” written by Martin Boroson



Martin Boroson is an organisational consultant, writer and speaker. He offers workplace training in decision-making and teaches the techniques of the One-Moment Master as leadership development. Martin can be reached at www.martinboroson.info



The One-Moment Master invites the reader to “think of all the moments you lose: stuck in traffic, standing in a queue, sitting in a boring meeting ... Or those you waste: surfing the net or fiddling with your phone. What if each of those moments offered you the extraordinary opportunity to experience real calm, renewed focus and a deep sense of peace?”

I find it difficult to stay still and meditate for 10 minutes so the idea of meditating in a moment instantly appealed to me. This book introduces bite-sized meditation and is stuffed full of principles, ideas and practical and portable “tools” the reader can easily introduce into their day. I will report here that I meditated on numerous mornings sitting in my car before starting the engine.

This book is a gem. It invites the reader to examine their relationship with time. In my work with teams to create sustainable working practice, I can see how our modern workplaces are still in the grasp of counting time as a measure of performance – when we feel we are managing time, we feel we are in control of it.

The One-Moment Master will put a spring in your step, hope in your heart and add skills to your armoury. Martin Boroson captures some challenging ideologies in a way that intrigues and captures the imagination. Read this book if you think you don't have time to take a moment, if you want to access greater levels of creativity, or if you're having a tough time. Read this book. It will add value to your life.

This book is published by Random House, £6.99 and you can order via Amazon www.amazon.co.uk.

Special Offer

If you would like to introduce this book to your team, Random House are offering Handstand readers a 35% discount and free shipping on orders of 10 or more copies. Contact jstefani@randomhouse.co.uk for further information

Would you like to lead the way on climate change?

Handstand has teamed up with **onearth** and the **Open University Business School** to develop the **Carbon Reduction Programme for Business**. We believe that companies don't reduce carbon emissions, people do. This programme helps companies across the supply chain develop best practice approaches that engage people with climate change and inspire them to act to reduce carbon emissions in and outside work.

We are looking for companies to take part. For further details contact tracy@handstandpeople.com

Getting intimate with money

Most of us would love to work a 4-day week as long as it didn't involve a cut in our pay-cheque. But is money the main obstacle to enjoying life to the full, or are the biggest obstacles we face emotional and/or behavioural? If you want a 3-day weekend, a more flexible working life or the freedom to not to have to take on paid work, tackling your money habits and addressing your emotional connection to money can ensure money doesn't get in the way of your dreams. [Click here to read more](#)

Is juggling the demands of work and home creating high levels of stress in UK employees?

Now in its 8th year, this internet-based poll created by the **Work-Life Balance Centre** and the **Universities of Coventry and Wolverhampton** examines all aspects of working life. From 26 September 2007, the survey is open to anyone who wants to take part and it can be found by logging onto www.24-7survey.co.uk.