



## One second ahead: enhance your performance at work with mindfulness

<https://iha.andornot.com/permalink/library19069>

Author: [Hougaard, Rasmus](#)  
[Carter, Jacqueline](#)  
[Coutts, Gillian](#)

Place: Hampshire UK

Publisher: Palgrave Macmillan

Pub Date: 2016

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Format: Book

Subject: [Work Performance](#)  
[Mindfulness](#)

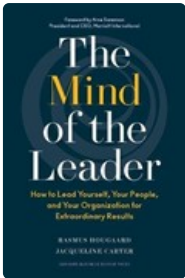
Notes: Includes bibliographical references and index.

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Location: RIH Library

Loan Policy: 21 days



## The mind of the leader: How to lead yourself, your people, and your organization for extraordinary results

<https://iha.andornot.com/permalink/library20634>

Author: [Hougaard, Rasmus](#)  
[Carter, Jacqueline](#)

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[Compassion](#)  
[Selflessness \(Psychology\)](#)

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