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# THE ONE-MOMENT MASTER: STILLNESS FOR PEOPLE ON THE GO



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The One-Moment Master: Stillness for People on the Go, Martin Boroson, 'Absolute peace is available to you in this moment, now. You don't need to have anything else, nor do you need anything else to happen. Real contentment is not a state of mind to be found just on holiday, or when you achieve your goals, or when you get more stuff. It can only be found now, the way things are.'...

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- Authored by Martin Boroson
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-- Brian Bauch

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