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THE BUSIER YOU ARE THE MORE YOU NEED MINDFULNESS UNABRIDGED EBOOKS 2019

**Harvard
Business
Review**

**The Busier You Are, the
More You Need Mindfulness**

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The most forward-looking companies are willing to take risks to achieve greatness. Most leaders give lip service to this idea, but few actually do it. We have worked with banks willing to take on toxic assets (again) and hedge funds willing to take a \$100 million gamble on a failing company. But their leaders would still be terrified to ask their employees to stop working for two minutes a day to watch their breath go in and out.

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