**Martin Boroson – Biographies**

www.martinboroson.com  
www.onemomentmeditation.com

***50 words***  
MARTIN BOROSON is the creator of One-Moment Meditation—the playful, practical technique that has revolutionized meditation training, helping over one million people start meditating now. His diverse background includes studying philosophy at Yale, receiving an MBA from the Yale School of Management, working as a psychotherapist, and practicing Zen meditation.

***99 words***

MARTIN BOROSON is the author of *One-Moment Meditation: Stillness for People on the Go*, published in thirteen languages. This playful, practical technique has revolutionized meditation training, having helped over one million people start meditating now. Marty’s training programs have been adopted by Fortune 500 companies and healthcare organizations for stress relief, resilience, and leadership development. Marty’s background includes studying philosophy at Yale, an MBA from the Yale School of Management, work as a psychotherapist, and study of Zen. He distills these diverse perspectives into simple, powerful tools that help people grasp the immense potential of this moment, right now.

***189 words***

MARTIN BOROSON is the creator of One-Moment Meditation®, the playful, profound, and practical approach to meditation training that helps people break through the time barrier and get started right now. Marty’s cartoon, *How to Meditate in a Moment*, has been viewed by almost one million people (www.onemomentmeditation.com), and his book, *One-Moment Meditation: Stillness for People on the Go*—now in thirteen languages—was featured as a thirty-day series on stress relief for Oprah.com.

Marty delivers mindfulness-based leadership training and personal training to physicians and senior executives. His meditation training programs are used at Fortune 500 corporations and healthcare institutions, and he has designed custom training for a global pharmaceutical company and a major search engine, using One-Moment Meditation to boost energy, creativity, and resilience.

Martin’s background includes teenage political activism, study of philosophy at Yale, an MBA from the Yale School of Management, formal practice of Zen, and work as a psychotherapist. He won a three-year grant from the Irish Arts Council to develop innovation in the arts. He now distills these diverse perspectives into simple, clear techniques—helping people grasp the deepest potential of this moment, right now.

***449 words***

MARTIN BOROSON has been instrumental in bringing meditation to the mainstream and applying its benefits to leadership, strategy, and innovation.

Growing up in New York, Marty had a precocious first career as a teenage political activist until, at seventeen, he began to wonder what it was all about. Convinced there was more to life, he “retired” from politics to search for something deeper: studying Western philosophy at Yale and then pursuing private study of Eastern philosophy and depth psychology.

While a graduate student at the Yale School of Management, he made his first attempts to bridge the analytic, quantitative tools of business with traditional wisdom skills. After earning his MBA from Yale, he redoubled his commitment to deeper forms of inquiry and experience.

In this period, Marty began to practice Zen meditation, studied dream analysis, and trained in the facilitation of breakthrough experience with Dr. Stanislav Grof. He worked as a psychotherapist, supporting people recovering from severe trauma, and facilitated intensive retreats using breathwork to catalyze major transformation. He formed an experimental theater company, The Temenos Project, which was awarded a three-year grant from the Irish government to promote innovation in the arts. And he wrote his first book, *Becoming Me*, which unites various cosmologies into a deceptively simple story—winning rave reviews from psychologists, scientists, and leaders of many different faiths.

Marty eventually distilled his diverse experiences and insights into a simple, new form of meditation training—One-Moment Meditation®. This playful, practical technique has helped over one million people start meditating now and experience the benefits of just one moment of focused attention.   
  
Marty’s company, OMM Training, LLC, now provides meditation training programs to large healthcare institutions and Fortune 500 companies, helping employees reduce stress and improve focus, safety, and resilience. He provides personal mindfulness training to leaders and, as a consultant, helps large organizations find innovative solutions quickly and develop cultures of deeper engagement.

Marty is also a popular public advocate for the benefits of meditation and mindfulness. 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 *Take a Moo-ment*™ promotion, created in the UK for the Federation of Organic Milk Groups, was played on nineteen BBC radio stations. And in Ireland, Marty created the *National Moment of Stillness*, for which thousands of people stopped work to enjoy thirty seconds of total silence—live on national radio. Said the show’s host afterward, “The whole nation was enthralled.”