



How We Work: Live Your Purpose, Reclaim Your Sanity, and Embrace the Daily Grind (Hardback)

By Leah Weiss

HarperCollins Publishers Inc, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. I have long thought that what the Buddha taught can be seen as a highly developed science of mind which, if made more accessible to a lay audience, could benefit many people. I believe that Dr. Weiss s book, in combining such insights with science and good business practice, offers an effective mindfulness based program that many will find helpful. --His Holiness, the Dalai Lama A practical guide to bringing our whole selves to our professional work, based on the author s overwhelmingly popular course at the Stanford Graduate School of Business. In today s workplace, the traditional boundaries between work and personal are neither realistic nor relevant. From millennials seeking employment in the sharing economy to Gen Xers telecommuting to Baby Boomers creating a meaningful second act, the line that separates who we are from the work we do is blurrier than ever. The truth is, we don t show up for our jobs as a portion of ourselves-by necessity, we bring both our hearts and our minds to everything we do. In How We Work, mindfulness expert and creator of the perennially-waitlisted Stanford...



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