

(Free) Work: How to Find Joy and Meaning in Each Hour of the Day

Work: How to Find Joy and Meaning in Each Hour of the Day

Thich Nhat Hanh

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Thich Nhat Hanh : Work: How to Find Joy and Meaning in Each Hour of the Day before purchasing it in order to gage whether or not it would be worth my time, and all praised Work: How to Find Joy and Meaning in Each Hour of the Day:

12 of 12 people found the following review helpful. Great practical tipsBy Michelle VergesThe book was squarely focused on how to apply mindfulness principles to a workplace setting. It truly is a gem if you're looking for great practical tips on dealing with work issues in a meaningful way. I'm glad I bought this book.7 of 7 people found the following review helpful. Consistent HanhBy tc1218I love Hanh. I have loved many of his books. I hope this one would have a little more about making peace with difficulties at work or a job you don't like. I don't disagree with him-

it is mainly what you think about it, but those of us who have a hard time getting there could use some beginner tips.0 of 0 people found the following review helpful. Beautiful and simple work and home practicesBy Jedediah C. RuddThis is a great book for anyone interested in workplace mindfulness practices and work/life balance. I really appreciate the simple practices and wisdom provided. As a leader in the workplace environment, I'm always looking for approaches to improve workplace dynamics and happiness, and I found a lot of great ideas in this book.The one downside is the dogma associated with "good" and "right" living. I don't particularly resonate with some of the Buddhist conclusions about morality and living a "moral" life (nothing against them, just not my approach in this life at this time), but I was still able to glean a ton of great approaches and blend them with other tools I've been gathering.Overall, I highly recommend the book!

In Thich Nhat Hanh's latest teachings on applied Buddhism for both the work place and daily life, chapters include dealing with workplace scenarios; dealing with home and family; encounters with strangers and with daily life; transportation; and creating communities wherever you are. This book is designed for adults who are new to meditation as well as those who are more experienced. The emphasis is on how to use applied Buddhism in daily life. Work aims at contributing to new models of leadership and doing business. It is also a book full of life-coaching advice, finding happiness, and positive psychology.We all need to "Chop Wood and Carry Water". Most of us experience work, hardship, traffic jams, and everything modern, urban life offers. By carefully examining our everyday choices we can move in the direction of right livelihood; we can be a lotus in a muddy world by building mindful communities, learning about compassionate living, or by coming to understand the concept of "Buddha nature." Work also discusses mindful consumption, or the mindful use of limited resources. Instead of Living Large in Lean Times or Ramen to Riches we can learn to appreciate living less large and think about what kind of riches we want for ourselves and others.

Practical, wise and deeply compassionate, Work offers us a path for discovering the joy and inspiration that lies at the very heart of our household, livelihood and daily routines."Michael Carroll, author of Awake at Work and The Mindful Leader"Work is a practical handbook for those who seek sanity and serenity at work. I love the beautiful simplicity of his teachings and the clarity they produce in my mind." BJ Gallagher, coauthor of Being Buddha at Work"Thich Nhat Hanh has invited the world into mindfulness for generations. His latest gift is a call to return to the moment at work and throughout the day. Work gives us an opening into the happiness available in the here and now. Others may lecture, others may advise; Thich Nhat Hanh invites. I am grateful; you will be as well." -Franz Metcalf, author of What Would Buddha Do ?