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This book, Being Buddha at Work, attempts to relate the Buddha's advice to the modern workplace. I trust that readers will find inspiration here and pray that those who do will meet with success in putting that inspiration into effect. 1 Introduction Putting Buddha to Work

An Excerpt From

Being Buddha at Work shows how to embody that mind in the stress and clamor of the workplace—how to tap into the Buddha consciousness so we can relieve daily tensions and greet challenges with awareness, equanimity, and good humor.

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Being Buddha at Work shows how to embody that mind in the stress and clamor of the workplace—how to tap into the Buddha consciousness so we can relieve daily tensions and greet challenges with awareness, equanimity and good humor. The book is divided into three sections. The first, "Becoming a Mindful Worker," covers Buddha's wisdom for our own work.

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Being Buddha at Work: 108 Ancient Truths on Change, Stress ...

There is a possible bonus too: with today's emphasis on work/life balance, you may get more people buying into a cybersecurity culture if they know they that separation exists and will be respected.

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