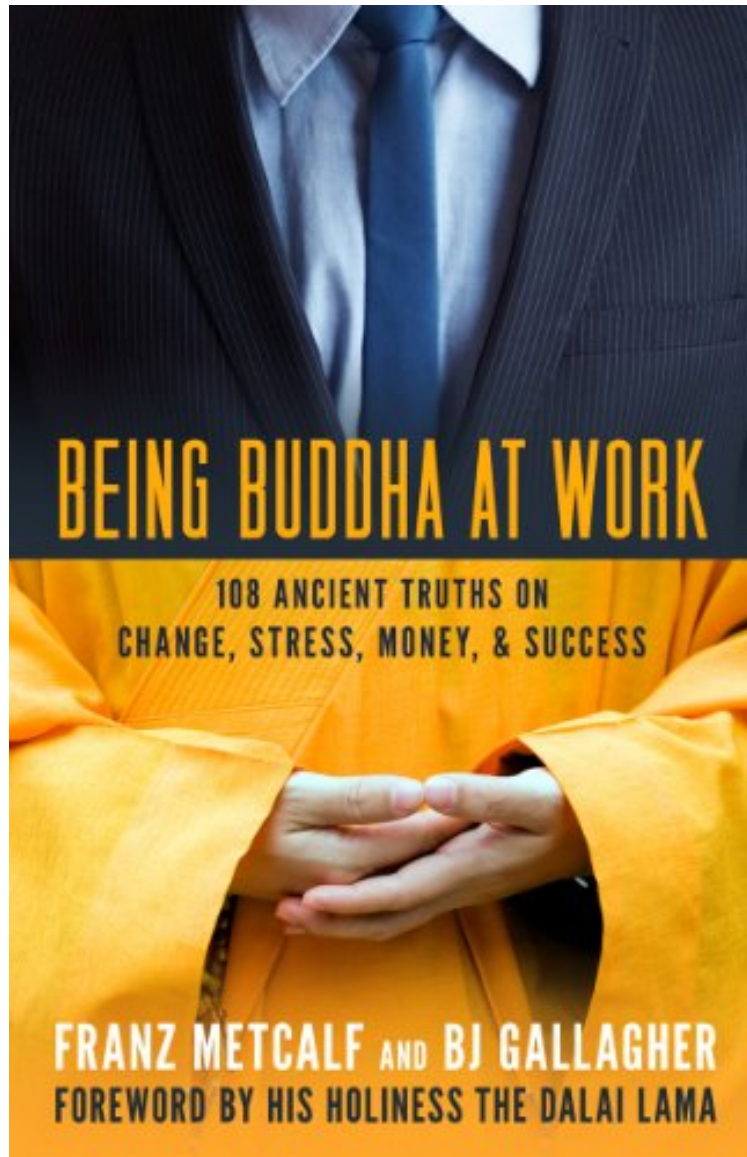


[FREE] Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success (Agency/Distributed)

Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success (Agency/Distributed)

Franz Metcalf, BJ Gallagher
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6 of 6 people found the following review helpful. Useful and insightful By Michael P. Maslanka I am an employment

lawyer and represent employers. I wish I could share the deep and effective knowledge in this book with all clients. How do you handle sexual harassment? Not just by citing to the law but the reason for the law (to allow all to realize their full potential which benefits the individual and the company). How should feedback be accepted? "If you are grateful, you learn from everyone." Their wise counsel: be on the lookout for all feedback, not just the structured kind. The universe will reward you. There is an excellent discussion on how to be a mentor: do not give advice to show off, ask if your true motive is to teach, and do not presume that all wish to hear your wisdom. There is lots more. A book to be read and re-read. 0 of 0 people found the following review helpful. I would recommend this to anyone who is attempting to find the ...By smileprof Inspiring and profound text. Each page I was underlining passages and taking notes on my thoughts and reflections. I would recommend this to anyone who is attempting to find the balance of work and life. 0 of 0 people found the following review helpful. Good purchase! By Edgar This is a quick read, and a good purchase to bridge practice into our everyday lives. Good resource!

Buddhism has for thousands of years provided a spiritual foundation for the daily lives of millions of people around the world. But does Buddhism have anything to offer us—Buddhists and non-Buddhists alike—in today's world of work? Metcalf and Gallagher think it does. Spiritual wisdom, Western or Eastern, inspires and instructs us in living a good life. And that's just as true at work as at home. Buddha mind—a source of calm, compassion, and insight—exists within each of us, not just the historical Buddha. *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; the second, "Cultivating Mindful Work Relationships," focuses on how to work with other people; the third, "Creating a Mindful Workplace," deals with broader organizational topics. There is wisdom here for everyone—from frontline workers and team members, to supervisors and managers, to top executives and organizational leaders.

"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." —from the Foreword by His Holiness the Dalai Lama

Being Buddha at Work made me think; it made me chuckle; it made me reflect. This little book is like having Buddha as one of your mentors or coaches—someone who can help you with real-world problems." —Ken Blanchard, coauthor, *The One Minute Manager*; and *Leading at a Higher Level*

Most of us could benefit from having a little more of Buddha in us during our daily lives. This is a great guide to transcending the tensions of the workplace and facing issues with humor and equanimity." —Walter Isaacson, President, Aspen Institute, author of the biographies *Steve Jobs*, *Einstein*, and *Benjamin Franklin*.

What do you get when a Buddhist scholar and a workplace expert write a book together? *Being Buddha at Work*—a treatise with profound spiritual implications and practical applications. Being mindful was never as important as it is in today's high-stress business climate." —Marshall Goldsmith, author of *MOJO* and *What Got You Here Won't Get You There*

As a Tibetan Lama, I am happy that workers everywhere can benefit from Buddha's teachings in their jobs and careers by reading this inspiring book. These same teachings have guided my Nyingmapa lineage for centuries, so it is richly rewarding to see them expanded into this new realm." —Tulku Tsori Rinpoche, Founder of Yogi Tsori Dechen Rinpoche Foundation

In a world where people are stressed, overworked, and constantly distracted by screens, this book is a gentle wake-up call. Written in a clear and loving language, it will bring a smile of recognition to your lips and help you wipe the dust off your mind's mirror." —Dr. Cristina Rocha, Managing Editor, *Journal of Global Buddhism*