



## Mindfulness at Work: How to Avoid Stress, Achieve More, and Enjoy Life!

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By Stephen McKenzie

Career Press, United States, 2014. Paperback. Book Condition: New. Reprint. 226 x 150 mm. Language: English . Brand New Book. Mindfulness isn't anything that we think; it's what we don't think. Mindfulness isn't something that other people do; it's something that we all do. Mindfulness is an ancient, life-enhancing, healing technique that can help us remember our natural state of happiness and health, even if we think we are too modern and too busy to prioritize what's really important--being fully alive and fully alive to our full life potential. Mindfulness at Work reveals how the practice of mindfulness--the ability to focus our attention on what is rather than be distracted by what isn't--can be a powerful antidote to the distractions and stresses of our modern lives, especially our working lives. It gives you powerful tools to: Reduce your stress Become more productive Improve your decision-making skills Work more creatively Develop your leadership skills And much more Written by an expert with years of both clinical and personal experience, Mindfulness at Work includes examples of mindfulness in action in the workplace, while also showing you how to apply its lessons to specific professions, from...



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