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Carroll***

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At its heart, Awake at Work offers thirty-five principles that we can use throughout our day to revitalize our work as well as our understanding of ourselves and others. Carroll invites readers to contemplate these slogans and to use them on-the-spot, in the midst of work's chaos, to develop clarity, wisdom, and inspiration.

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Courage at work requires that we examine the less optimistic side of our jobs -- the areas of discontent and frustration and resistance. In Awake At Work, exploring our anxieties about livelihood is a gesture of fearlessness: a willingness to be honest with ourselves and open to others.

Awake At Work

"Awake at Work" sheds a whole new perspective on the workplace experience. NOT just enabling people to see their own role in how they experience work. But giving very specific lenses (35, in fact) on how to change the way work feels FOR US for the better, without the environment having to change one iota. Brilliant!

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In Awake at Work: 35 Practical Buddhist Principles for Discovering Clarity and Balance in the Midst of Work's Chaos, author Michael Carroll observes that helping your coworkers isn't simple or easy. Often, well-intentioned individuals aren't equipped to give effective help.

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