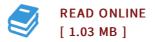


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# Mindfulness at Work: How to Avoid Stress, Achieve More, and Enjoy Life! (Paperback)

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, lifeenhancing, 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...



## Reviews

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Undoubtedly, this is actually the very best job by any writer. It is loaded with wisdom and knowledge You will not really feel monotony at anytime of your respective time (that's what catalogs are for concerning when you check with me). -- **Prof. Lawson Stokes IV** 

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DK Readers L1: Jobs People Do: A Day in the Life of a Teacher (Paperback) DK Publishing (Dorling Kindersley), United States, 2001. Paperback. Book Condition: New. American.. 224 x 150 mm. Language: English . Brand New Book. This Level 1 book is appropriate for children who are just beginning to read. Ms. Hill brings 28 fish to...



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HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



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