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## Real Happiness at Work: Meditations for Accomplishment, Achievement, and Peace

By Salzberg, Sharon

Workman Publishing Company, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Sharon Salzberg has offered a gift of peace to the world." --Alice Walker "Real Happiness at Work offers a practical and wise set of teachings on how to create a thriving work place. With sage advice for managing conflict, dealing with difficult people, driving team performance and finding more meaning at work, it is relevant to all of us day in and day out - from the most senior executive to the sole entrepreneur." --Amy Elizabeth Fox, CEO, Mobius Executive Leadership "This is the best book I have ever read about managing stresses at work, and being creative, fulfilled, and successful along the way. Integrating both modern science and perennial wisdom and using a warm and helpful voice, Sharon Salzberg shows us how to be both happy and productive at work, even under tough conditions. Her book is unique in its heartfelt clarity about both our pressures at work and how to ease and untangle them. Reading it is like being with a caring friend who has the wisdom of forty years of teaching meditation along with lots of practical suggestions. I...



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