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Being Buddha at Work

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.

7 Ways Zen Buddhism Can Change Your Life. Sitting Meditation / Zazen. Zen sitting meditation, called zazen in Zen Buddhism, has had a significant impact on my life. I had never been particularly susceptible to stress and anxiety but after my first son was born I started to feel like time was running out for me.

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Being Buddha at Work: 101 Ancient Truths on Change, Stress ...

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Being Buddha at Work : 101 Ancient Truths on Change, Stress, Money, and Success.. [Franz Metcalf; BJ Gallagher] -- Combining the talents of a professor of religion and an expert on workplace dynamics, this book continues the tradition begun by its bestselling predecessor, What Would Buddha Do (more than 30,000...

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