



Work from the Inside Out: Seven Steps to Loving What You Do

By Nancy O'Hara

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Everyone hopes for a rewarding and fulfilling career, but the day-to-day reality can be just the opposite. The routine of our jobs, office politics, and problematic projects can often be the cause of frustration, worry, and disappointment. The quest to find personal satisfaction, much less pride in our work, can be daunting.

It doesn't have to be that way. According to Nancy O'Hara, we can find meaning in our jobs but the first thing we have to do is look within ourselves. Grounded in principles of Zen Buddhism and full of real-life stories, **Work from the Inside Out** presents a simple plan to reclaim your job and your life and ultimately find the ability to truly love what you do.

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Work from the Inside Out: Seven Steps to Loving What You Do By Nancy O'Hara Bibliography

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Editorial Review

From Publishers Weekly

Work from the Inside Out: 7 Steps to Loving What You Do, by Nancy O'Hara (Find a Quiet Corner), a former publishing executive and a practicing Buddhist who now conducts corporate seminars and retreats on mindfulness, applies the Zen precept of doing things for their own sake, as opposed to for an end, to our work lives. Her seven broad steps include "Understanding and Acceptance" and "Disciplined Attention." She suggests specifics such as asking ourselves at the end of each day if we blamed someone else for something we didn't accomplish, or making a list of the aspects of our work situations we don't like and then assessing if it's within our power to change each one.)

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From [Booklist](#)

The seven steps eluded to in the title are understanding and acceptance, seeing clearly and letting go, realizing this is it, balance, disciplined attention, seeing things as they are, and you're already there (meaning that while your work is never done, in any given moment it is complete and perfect just as it is). O'Hara, the author of *Find a Quiet Corner* (1995) and *Just Listen* (1997), is a student of Zen Buddhism who conducts corporate seminars on mindfulness at work. She promises readers that by following her advice they can discover a sense of satisfaction and fulfillment on the job that will penetrate all other areas of their lives. Her words are worth paying attention to. *George Cohen*

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From the Inside Flap

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