



Work: How to Find Joy and Meaning in Each Hour of the Day

By Thich Nhat Hanh

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In Thich Nhat Hanh's latest teachings on applied Buddhism for both the work place and daily life, chapters include dealing with workplace scenarios; dealing with home and family; encounters with strangers and with daily life; transportation; and creating communities wherever you are. This book is designed for adults who are new to meditation as well as those who are more experienced. The emphasis is on how to use applied Buddhism in daily life. *Work* aims at contributing to new models of leadership and doing business. It is also a book full of life-coaching advice, finding happiness, and positive psychology.

We all need to "Chop Wood and Carry Water". Most of us experience work, hardship, traffic jams, and everything modern, urban life offers. By carefully examining our everyday choices we can move in the direction of right livelihood; we can be a lotus in a muddy world by building mindful communities, learning about compassionate living, or by coming to understand the concept of "Buddha nature." *Work* also discusses mindful consumption, or the mindful use of limited resources. Instead of Living Large in Lean Times or Ramen to Riches we can learn to appreciate living less large and think about what kind of riches we want for ourselves and others.

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Editorial Review

Review

“Practical, wise and deeply compassionate, *Work* offers us a path for discovering the joy and inspiration that lies at the very heart of our household, livelihood and daily routines.”

—Michael Carroll, author of *Awake at Work* and *The Mindful Leader*

"*Work* is a practical handbook for those who seek sanity and serenity at work. I love the beautiful simplicity of his teachings and the clarity they produce in my mind."

—BJ Gallagher, coauthor of *Being Buddha at Work*

"Thich Nhat Hanh has invited the world into mindfulness for generations. His latest gift is a call to return to the moment at work and throughout the day. *Work* gives us an opening into the happiness available in the here and now. Others may lecture, others may advise; Thich Nhat Hanh invites. I am grateful; you will be as well." -Franz Metcalf, author of *What Would Buddha Do ?*

From the Back Cover

“Right Livelihood has ceased to be a purely personal matter. It is our collective karma.”

—Thich Nhat Hanh

In *Work*, Thich Nhat Hanh, one of the top-selling Buddhist authors in the United States, adapts ancient Buddhist practices to modern life and helps readers make fulfilling choices about livelihood and ethical work. Full of life-coaching advice, tips for dealing with workplace scenarios, finding happiness, and positive psychology, *Work* suggests new mindful models of leadership and encourages us to carefully examine our everyday choices, so we can contribute to a work environment free from stress and tension, regardless of the circumstances.

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Thich Nhat Hanh is one of the best-known Zen Buddhist teachers in the world today. His best-selling books,

including *Power and Peace Is Every Step*, have sold over two million copies in the US alone. He lives in Plum Village, in southwest France, where he gardens, writes, and teaches on the art of mindful living.

About the Author

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Users Review

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