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each of us, not just the historical
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success in putting that inspiration into effect. 1 Introduction Putting Buddha to Work

An Excerpt From

Being Buddha at Work is the opposite of the cheesy self help book. It is deeper, more introspective, smarter and more poignant than what you might even consider some of the all time FAVOURITE self help books, such as Rich Dad poor Dad, 7 Habits, etc.

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Your job is just one piece of your life.

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There can be so many other facets that have nothing to do with work like family, friends, hobbies, volunteering, etc.

Cultivate those things so that when you are having a tough time at work you can get away from that and focus on things that give you joy. You have to know yourself. This was huge for me ...

What I Now Know After Feeling Miserable and Worthless at ...

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What Would Buddha Do At Work?: 101 Answers to Workplace Dilemmas. Berkeley, Calif. : San Francisco: Seastone, 2001. Print. Note! Citation formats are based on standards as of July 2010. Citations contain only title, author, edition, publisher, and year published. Citations should be used as a guideline and should be double checked for accuracy.

What would Buddha do at work? : : 101 answers to workplace...

"What Would Buddha Do at Work?" uses the gentle teachings of Buddha to help readers discover that meaning. "What Would Buddha Do at Work?" presents 101 situations or issues that people struggle with daily, ranging from coping with difficult bosses, serving customers,

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and working as a team, to being creative, solving problems, and offering leadership.

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