

(Read free) The Buddha Walks into the Office: A Guide to Livelihood for a New Generation

The Buddha Walks into the Office: A Guide to Livelihood for a New Generation

Lodro Rinzler

DOC | *audiobook | ebooks | Download PDF | ePub



DOWNLOAD



READ ONLINE

#505288 in eBooks 2014-09-09 2014-09-09 File Name: B00LU5H17E | File size: 65.Mb

Lodro Rinzler : The Buddha Walks into the Office: A Guide to Livelihood for a New Generation before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Buddha Walks into the Office: A Guide to Livelihood for a New Generation:

0 of 0 people found the following review helpful. Great seller!By MCGQuick ship! My son loves it. Thx0 of 0 people found the following review helpful. this book provides practical as well as philosophic advice for making a happier

workplace. By Kimberly A. Hicks Not just for 20-somethings, this book provides practical as well as philosophic advice for making a happier workplace. 0 of 0 people found the following review helpful. Five Stars By Bronislava Great for someone new to Buddhist ideas.

Does it ever seem that a lot of the people you work with are, well, jerks? This book is about how not to let work turn you into one of them. Apply the simple Buddhist teachings and practices Lodro Rinzler provides here to whatever you do for a living, and you'll not only avoid jerk-hood, but you'll be setting out on the path toward making your livelihood an expression of your inherent wisdom, honesty, and compassion. You'll discover practical ways to bring mindfulness into administrative support, cabinet making, financial management, nursing, truck driving, or latteacute; brewing. In the process, you'll discover genuine empathy for the folks you once found so difficult. You'll also learn leadership skills that apply compassion to management in a way that increases happiness along with efficiency. This is career advice of the profoundest kind, geared toward today's twenty- and thirty-something workers and job seekers whose employment outlook is radically different from that of a generation ago. As Lodro shows, even if the path of work shifts beneath your feet, it's possible to make your livelihood a source of satisfaction and deep meaning.

"Rinzler offers spiritual guidance for young people who have forgotten something important in the midst of career advancement and professional networking: that it is not what they do that defines them, but rather who they are. With that focus, cultivation and enlightenment can be brought to any job and any experience." — Publishers Weekly "This is a magnificent book that just happens to be truly fun to read. Accessible, urgent and life-changing." — Seth Godin, author of *Linchpin* About the Author Lodro Rinzler is a teacher in the Shambhala Buddhist lineage and founder of the Institute for Compassionate Leadership. His columns appear regularly in the Huffington Post and Marie Claire, and his writings have appeared in *Reality Sandwich*, the Interdependence Project, the Shambhala Sun, *Buddhadharma*, and the Good Men Project. He is also the author of *The Buddha Walks into a Bar . . .*, *Sit Like a Buddha*, and *Walk Like a Buddha: Even if Your Boss Sucks, Your Ex Is Torturing You, and You're Hungover Again*. For more of Lodro visit www.lodrorinzler.com.