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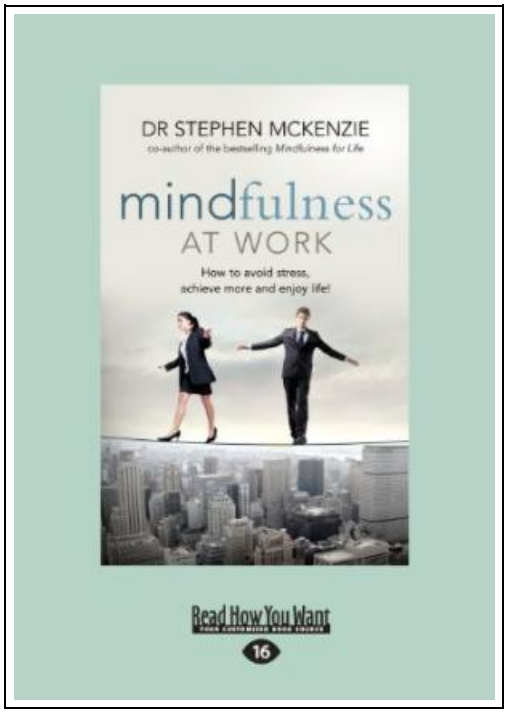

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Reviews

Absolutely among the best publication I have got at any time go through. It really is writter in straightforward phrases rather than hard to understand. Its been designed in an extremely straightforward way which is just soon after i finished reading this publication through which basically modified me, alter the way i believe.

(Mrs. Velda Tremblay)

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ReadHowYouWant.com Ltd, Canada, 2013. Paperback. Book Condition: New. [Large Print]. 254 x 197 mm. Language: English Brand New Book ***** Print on Demand *****.Mindfulness at Work reveals how the practice of mindfulness - the ability to focus our attention on what is rather than be distracted by what isn t - can be a powerful antidote to the distractions and stresses of our modern lives, especially our working lives. So, if you want to: reduce your stress become more productive improve your decision - making skills enjoy better relationships with your colleagues work more creatively develop your leadership skills, and generally enjoy your job more .then mindfulness can help! Written by an expert with years of both clinical and personal experience, Mindfulness at Work includes examples of mindfulness in action in the workplace, while also looking at how the principles of mindfulness can be applied to specific professions, from sales and marketing to teaching, from law to medicine, from the trades to the creative arts.

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