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Being Buddha At Work 101

Being Buddha at Work shows how to embody that mind in the stress and clamor of the workplace - how to tap into the Buddha consciousness so we can relieve daily tensions and greet challenges with awareness, equanimity, and good humor.

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Buddha mind—a source of calm, compassion, and insight—exists within each of us, not just the historical Buddha. Being Buddha at Work shows how to embody that mind in the stress and clamor of the workplace—how to tap into the Buddha consciousness so we can relieve daily tensions and greet challenges with awareness, equanimity, and good humor.

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putting that inspiration into effect. 1 Introduction Putting Buddha to Work

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Being Buddha at Work shows how to embody that mind in the stress and clamor of the workplace—how to tap into the Buddha consciousness so we can relieve daily tensions and greet challenges with awareness, equanimity and good humor. The book is divided into three sections. The first, "Becoming a Mindful Worker," covers Buddha's wisdom for our own work.

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There is a possible bonus too: with today's emphasis on work/life balance, you may get more people buying into a cybersecurity culture if they know they that separation exists and will be respected.

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