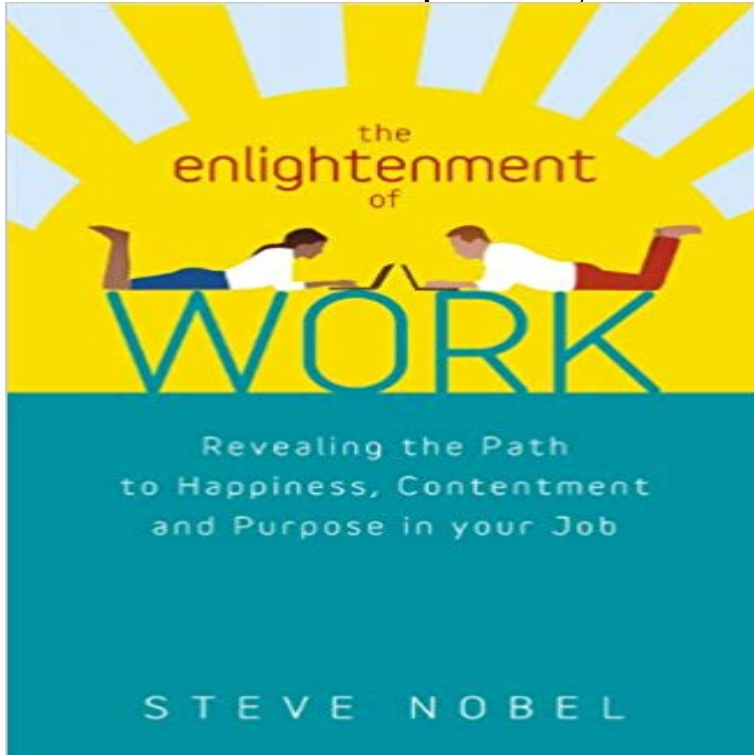


The Enlightenment of Work: Revealing the Path to Happiness, Contentment and Purpose in your Job



The world of work is evolving change with it, transform your unhappy professional life into one of self-worth, passion and purpose, and let loose your untapped potential to find the work you were born to do. Work is something that most of us do. Unfortunately, far too many of us experience work as a source of suffering rather than a path of authentic fulfilment, growth and purpose. The Enlightenment of Work is about ending that suffering. This book is a contemporary exploration of how we can transform our experience of work, drawing on the best and most applicable ideas from Buddhism and Taoism, as well as the dynamic worlds of coaching and personal development. This book is essential for anyone wishing to: Transform their suffering at work: Suffering can come in many ways. It can come through feeling aimless and bored where the only reason for being there is to collect a salary each month. It can come through stress, overwork and burnout. This book offers a simple philosophy: suffering happens but we can transform that suffering. Realise their innate gifts, talents and purpose: Most work disconnects us from knowing our authentic self our essence or soul. Trust your courage, ideas, intuition, and discover your true self. Reclaim their time: Time is our most precious resource and one we cannot afford to waste. However, many of us work in busy environments that leave little time for real thinking or reflection, or for doing anything very new or interesting. Busy and idle minds can get locked into different forms of anxiety about the past and the future. The changing world of work demands emotional and spiritual intelligence. No one has to stay with work that oppresses the spirit. This new world is about choice.

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