



Working with Mindfulness: Keeping calm and focused to get the job done (Paperback)

By Michael Sinclair, Josie Seydel

Pearson Education Limited, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Working with Mindfulness is an engaging and practical guide to reducing stress, transcending setbacks and enhancing performance at work. With more than 50 mindfulness exercises, it s a perfect introduction to a more fulfilling way of working. Arianna Huffington, Editor-in-Chief of The Huffington Post and author of The Sleep Revolution Full of easy-to-use ways to bring the power of mindfulness into the workplace. If every business used this book, the world would be a much better place. Kevin L. Polk, Ph.D., Clinical Psychologist and ACT Matrix Trainer, The Psychological Flexibility Group Stay calm, feel focused, and get more done - harness the power of mindfulness to change the way you work forever. Working with Mindfulness will show you how to apply the transformative power of mindfulness to your busy working life. With simple, time effective tools and practices, you ll discover how to: * Improve your resilience whilst reducing stress* Increase your productivity, performance and efficiency * Enhance your decision making, problem solving, delegating and prioritising skills* Develop healthy working relationships with colleagues and clients Based on the groundbreaking science of mindfulness, and explained by...



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Reviews

Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.

-- Melvin Hettinger

This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Easton Collier DVM