

Mindfulness at Work: Flourishing in the Workplace

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Reviews

This published publication is excellent. This really is for all who statte there had not been a well worth studying. I am very happy to inform you that this is the very best ebook i have read through within my very own daily life and could be he greatest pdf for possibly. (Mrs. Maybelle Gleason DDS)

MINDFULNESS AT WORK: FLOURISHING IN THE WORKPLACE



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The Ivy Press. Hardback. Book Condition: new. BRAND NEW, Mindfulness at Work: Flourishing in the Workplace, Maria Arpa, Flourishing in the workplace. The realities of the modern-day workplace can include stress, pressure and apathy, but with a thoughtful approach and an openness to change, anyone can transform their work experience. In "Mindfulness at Work", expert mediator and counsellor Maria Arpa shares her professional and personal insights into ways we can all create positive change at work ways to cut conflict, find contentment and develop an environment where harmony and clarity rule. Learn how to use her meditation practices and mediation tools to enrich your daily life and thrive and flourish, whatever your working circumstances.

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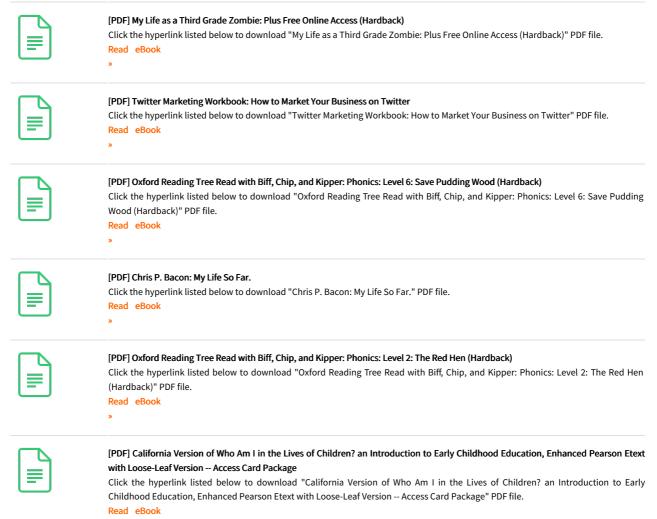
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