



Mindfulness At Work Essentials For Dummies

Shamash Alidina, Juliet Adams

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Manage stress and boost your productivity at work using mindfulness

Mindfulness at Work Essentials For Dummies explores the many benefits of utilising mindfulness techniques in the workplace, offering managers, HR professionals and businesspeople of all levels guidance on how mindfulness can help with the development of core business skills. You'll discover the key concepts of mindfulness and quickly grasp how its implementation in the workplace is a win-win for you, your team and your organisation as a whole.

Innovative companies like Google have made mindfulness in the workplace a hot topic—and for good reason. Mindfulness can be hugely beneficial on a personal level, as it has been proven to enhance one's effectiveness and ability to live in the present moment. These skills and techniques are equally valuable in the workplace, leading to improved working behaviour and better team building. With this handy guide, you'll discover all the tips and tricks to incorporate — and benefit from — mindfulness in the workplace.

- Provides an introduction to mindfulness and how it can help improve your working behaviour
- Offers useful tips on incorporating mindfulness into your working day
- Demonstrates how organisations can benefit from implementing mindful approaches to work

If you're a self-motivated and open-minded business professional looking to expand your knowledge base and effectiveness in the workplace, *Mindfulness at Work Essentials For Dummies* will help you implement the practice of mindfulness at work — and become a better leader, mentor or coach.

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Martha Furman:

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Jennifer Vickery:

Playing with family inside a park, coming to see the marine world or hanging out with close friends is thing that usually you might have done when you have spare time, then why you don't try thing that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Mindfulness At Work Essentials For Dummies, it is possible to enjoy both. It is very good combination right, you still wish to miss it? What kind of hangout type is it? Oh occur its mind hangout guys. What? Still don't get it, oh come on its referred to as reading friends.

Jenna Springer:

Many people spending their time by playing outside having friends, fun activity having family or just watching TV all day long. You can have new activity to pay your whole day by studying a book. Ugh, ya think reading a book can actually hard because you have to use the book everywhere? It okay you can have the e-book, delivering everywhere you want in your Smartphone. Like Mindfulness At Work Essentials For Dummies which is having the e-book version. So , why not try out this book? Let's observe.

Edith Manning:

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