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Mindfulness at Work For Dummies

Shamash Alidina, Juliet Adams

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Master your mind, manage stress and boost your productivity!

Mindfulness at Work For Dummies provides essential guidance for employees at all levels of an organization who are seeking more focus and clarity in their work. It explains how mindfulness can help employers wishing to implement mindful practices into the workplace, and provides leaders and mentors within an organization with the tools they need to become more effective leaders and coaches. The audio download contains guided mindfulness exercises and meditations suited to workplace scenarios, a core feature of mindfulness programmes.

Mindfulness at Work For Dummies includes:

- An introduction to mindfulness, and how it can help improve working behaviour
- An explanation of how the brain retains new mindful working patterns… with a bit of practice!
- Useful tips on incorporating mindfulness into your working day
- How organisations can benefit from implementing mindful approaches to work
- Guidance for leaders on how mindfulness can help develop their leadership qualities

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Gail Tate:

Playing with family in a very park, coming to see the coastal world or hanging out with good friends is thing that usually you have done when you have spare time, in that case why you don't try issue that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Mindfulness at Work For Dummies, you could enjoy both. It is fine combination right, you still wish to miss it? What kind of hangout type is it? Oh come on its mind hangout folks. What? Still don't have it, oh come on its referred to as reading friends.

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Suzanne Robbins:

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