

Is it possible to seek enlightenment--to feel alive and whole and useful and joyful--in an imperfect job? The Office Sutras can help transform any job--even one you hate--into an active part of spiritual practice. Work can be an arena that challenges you spiritually as well as professionally. With humor and wit, Marcia Menter helps readers recognize that the things that drive them craziest at work can be doorways to growth and understanding in their lives, if they are approached with an open mind and heart. Chapters like The Slough of Suckiness, Are They Paying Me Enough?, and The Dream That Got Away, share practical techniques, exercises, and mantras for finding divinity in the resentments that can make anyone's job miserable. Each chapter includes inspiring Mantras for the Bad Days, such as If God had wanted me to spend my whole life in my office, he would have given me a nicer office. Menter contends that the job you have right now, for all its imperfections, may be just the spiritual challenge you need to confront the most important issues of life--issues like self-worth and fulfillment and paying your way in the world. Office Sutras will help readers find opportunities for growth and peace in even the most stultifying of work situations.

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The Office Sutras: Exercises for Your Soul at Work. Marcia Menter, Author Red Wheel \$ (p) ISBN

Work as a spiritual practice -- What feels like work -- Are they paying me enough? -- So, what do you do? -- The slough of suckiness -- Who's. Is it possible to seek enlightenment to feel alive and whole and useful and joyful in an imperfect job? The Office Sutras can help transform any job even one you. Is it possible to seek enlightenment--to feel alive and whole and useful and joyful- -in an imperfect job? The Office Sutras can help transform any. The Office Sutras sums itself up in the first couple of pages: The basic premise of this book is that we're on a spiritual journey every second of. To download Office Sutras: Exercises for Your Soul at Work. Office Sutras: Exercises for Your Soul at Work eBook, remember to follow the web link below and. Lees Office Sutras: Exercises for Your Soul at Work door Menter, Marcia met Rakuten Kobo. Is it possible to seek enlightenment--to feel alive and whole and. [PDF] Office Sutras: Exercises for Your Soul at Work. Office Sutras: Exercises for Your Soul at Work. Book Review. This is an incredible ebook which i actually. The Unitarian Universalist Pocket Guide. This book is available from Amazon. com in weeks. Please purchase directly from the UUA. Cover of Soul Work. To download Office Sutras: Exercises for Your Soul at Work PDF, make sure you follow the hyperlink beneath and save the ebook or gain access to additional. THE OFFICE SUTRAS EXERCISES FOR YOUR SOUL AT WORK - In this site isn't the same as a solution manual you buy in a book store or download off.

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