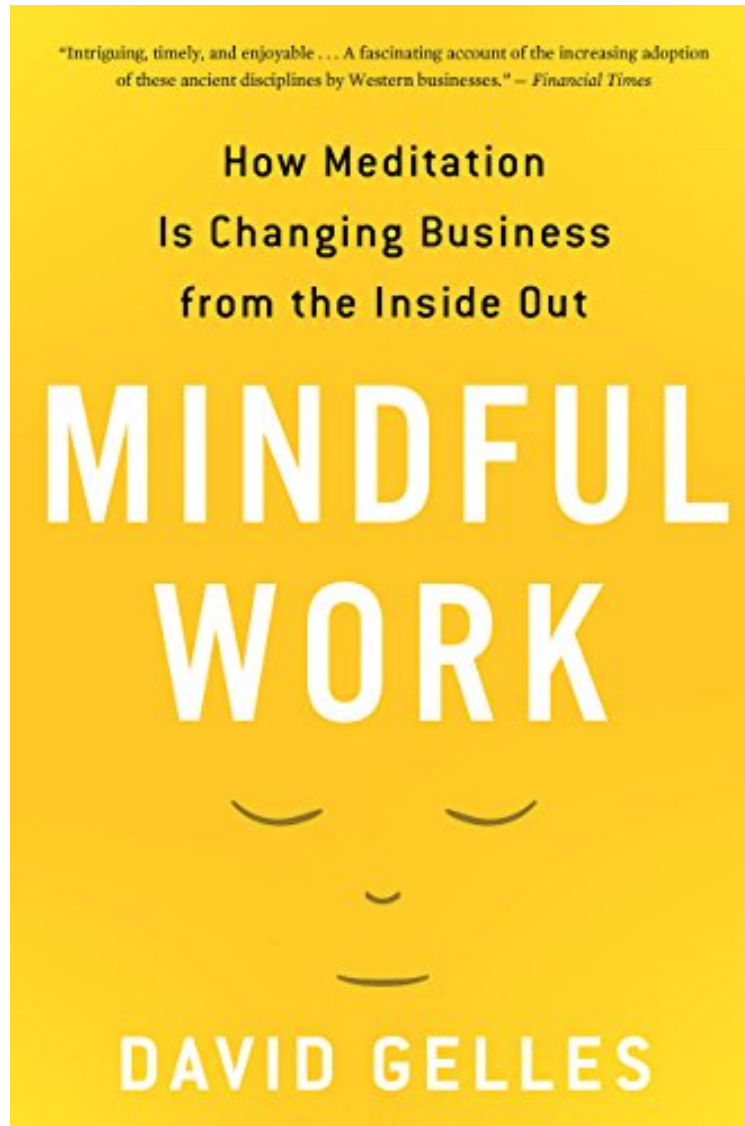


[FREE] Mindful Work: How Meditation Is Changing Business from the Inside Out (Eamon Dolan)

Mindful Work: How Meditation Is Changing Business from the Inside Out (Eamon Dolan)

David Gelles

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David Gelles : Mindful Work: How Meditation Is Changing Business from the Inside Out (Eamon Dolan) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Mindful Work: How Meditation Is Changing Business from the Inside Out (Eamon Dolan):

1 of 1 people found the following review helpful. Mindful MindsBy Steve GladisMindful MindsDavid Gelles has given us all a gift--explaining both the state and practice of mindfulness in his readable, accessible narrative. Here's an overview: Mindfulness meditation is like taking your brain to the gym for a workout. In fact, I believe it will become

as popular as running has become for fitness. Sit quietly and focus on your breathing—;that's meditation in a nutshell. When thoughts come—;about an argument you had yesterday, about a deadline that's looming, or about the lawn to be mowed—;simply acknowledge the thought and go back to concentrating on your breathing. The more you practice this, the stronger your mind gets. It's like doing mental pushups—you get more resilient and stronger over time. The clinical findings have proven its effectiveness: mindful meditation helps reduce heart disease, cancer, diabetes, depression and anxiety, fatigue and muscle pain. In experiments, it has reduced cortisol levels, aided immune systems, increased happiness, and even calmed kids down. Many companies, from Google to General Mills to Goldman Sachs, have significantly invested in mindful meditation for their employees. ~Steve Gladis

2 of 2 people found the following review helpful. Evidence for value of mindfulness and meditation in the workplace

By Gman

Chronological description of mindfulness and meditation being practiced in the United States. Many examples and citations of scientific studies of mindfulness improving happiness and productivity of people at all levels in corporations.

0 of 0 people found the following review helpful. Ok book. Some interesting research. But the author brings his own biases into the writing far too much.

By Cyber

Ok book. Some interesting research. But the author brings his own biases into the writing far too much. It is clear from some of the chapters that the author himself is new to meditation and mindfulness practices, and as such has a limited background to reference in this book.

A New York Times reporter reveals what business leaders around the country are already discovering: Meditation may be the key to fostering a happier, more productive workplace. For the past few years, mindfulness has begun to transform the American workplace. Many of our largest companies, such as General Mills, Ford, Target, and Google, have built extensive programs to foster mindful practices among their workers. Mindful Work is the first book to explain how all sorts of businesses and any kind of worker can benefit from meditation, yoga, and other mindful techniques. As a business reporter for the New York Times who has also practiced meditation for two decades, David Gelles is uniquely qualified to chart the growing nexus between these two realms. As he proves, mindfulness lowers stress, increases mental focus, and alleviates depression among workers. He also offers real-world examples of how mindfulness has benefited companies that have adopted it—;from the millions of dollars Aetna has saved in health-care costs to the ways Patagonia has combined leadership in its market with a pervasively mindful outlook. Gelles's revelatory book picks up where bestsellers like Thrive and 10% Happier leave off, by detailing how mindfulness works in and for the companies that adopt it, revealing the profound impact mindfulness can have on the world of work. Mindful Work goes beyond other books on the subject by providing evidence for the practical benefits of mindfulness and showing readers how to become more mindful themselves.

“Brimming with insights and backed up with solid research, Mindful Work takes us to the front lines of a revolution that is transforming the business world.” —Arianna Huffington

Gelles has done a masterful job of capturing the 'mindfulness movement'. His candid analysis and his dialogue with people from all facets of this movement paint a wonderfully clear view of a potent proposition for living and working in better ways.” —Scott Kriens, Chairman, Juniper Networks, and Director, 1440 Foundation

In this compelling book, Gelles describes how apparent paradoxes can resolve into a business culture where taking a breath is part of making a buck.” —Sherry Turkle, author of Alone Together

In this wise and revealing work, David Gelles explains how Eastern wisdom is transforming the Western workplace. Smart, hopeful and inspiring, this is a book with a wide reach and a clear focus.” —Mark Epstein, author of The Trauma of Everyday Life and Thoughts without a Thinker: Psychotherapy from a Buddhist Perspective

A delightful, authoritative, and provocative guide to the new world of mindfulness at work. David Gelles covers the story from the inside out, giving readers exactly what they need to assess whether mindfulness is for them—; and, if so, how to forge ahead. Give this book your full attention.” —Daniel Goleman, author of Focus and Emotional Intelligence

This stunning new book is by far the most insightful, practical guide to mindfulness and meditation. Gelles, who has deep experience with mindfulness, takes us inside leading companies like Google, General Mills, Aetna, and Patagonia to show how meditation is transforming workplaces. Mindful Work could change your life.” —Bill George, Harvard Business School, former CEO of Medtronic, and author of True North

Gelles deftly shows the power of mindfulness to change individuals, businesses and our world for the better. Mindfulness is a practice we need to embrace, and we cannot be afraid to follow this path.” —Marc Benioff, Chairman CEO, Salesforce

Mindfulness in the workplace is a real trend and few are as well equipped to explain it as David Gelles. He expertly conveys how companies incorporate mindfulness principles into their cultures and offers practical tips to managers on how to do the same.” —Reid Hoffman, co/founder chairman, LinkedIn and co-author of The Alliance

This carefully researched, heartfully written, and delightfully readable book tells one of the most interesting true stories of our time: the fascinating and sometimes messy coming together of the wisdom world and the corporate world.” —Chade-Meng Tan, Jolly Good Fellow of Google, author of Search Inside Yourself

Readers curious about the benefits of mindfulness at work or in their personal lives will appreciate this book.” —Booklist

"Intriguing, timely, and enjoyable new book, a fascinating account of the increasing

adoption of these ancient oriental disciplines by western businesses as means of improving corporate efficiency, reducing employee stress, and, directly or indirectly, boosting the bottom line." mdash;Financial Times nbsp;