

(Free and download) Office Zen: 101 Ways to Make Your Work Space Calm, Happy, and Productive

# Office Zen: 101 Ways to Make Your Work Space Calm, Happy, and Productive

*Emma Silverman*

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"Emma writes the way I aspire to live my life: thoughtfully, serenely, and without taking herself too seriously. This book is the embodiment of empathy, with a capital E." — **Shai Davidai, assistant professor of psychology, The New School for Social Research**

## officeZen

101 Ways to Make Your Work Space  
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**Emma Silverman : Office Zen: 101 Ways to Make Your Work Space Calm, Happy, and Productive** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Office Zen: 101 Ways to Make Your Work Space Calm, Happy, and Productive:

You do not need to climb to the top of the coldest, highest mountain to be Zen. You do not need to crawl on your hands and knees, seal yourself away in a cave, or stop eating birthday cake. Most importantly, at least for this book, you do not have to quit your job to be Zen. In Office Zen, you will learn how Zen can exist in any moment and any

place, even the most stressful and high-strung office. Office Zen will be the first book to incorporate the Zen principles of mindfulness and simplicity into the home office and work station by providing tips on how to remove clutter from your work space, teaching meditation and stretching exercises to destress in two minutes or less, laying the framework for a healthy work-life balance. Zen, and other mindfulness practices like it, asks us to examine the world around us with an emphasis on kindness and compassion toward ourselves and others. By being more meditative and calm in your daily interactions, you can bring peace into your workplace and happiness into your life.

Emma writes the way I aspire to live my life: thoughtfully, serenely, and without taking herself too seriously. This book is the embodiment of empathy, with a capital E. Shai Davidai, assistant professor of psychology, The New School for Social Research: "No one makes the grind fun and spiritually fulfilling like Emma Silverman. She's all about making everyday life happier." Yardenne Greenspan, translator of *Some Day* and fiction author: "Office Zen is such a good read that it's almost hard to put down and take action! Emma covers every aspect of the daily work life with unfiltered, well-researched and easily digested tips that left me laughing, nodding in agreement and eager to implement her wisdom." Emma Frisch, cofounder and chef, Firelight Camps