

Mindfulness at Work: How to Avoid Stress, Achieve More, and Enjoy Life!

Dr. Stephen McKenzie



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Mindfulness at Work: How to Avoid Stress, Achieve More, and Enjoy Life!

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Written by an expert with years of both clinical and personal experience, *Mindfulness at Work* includes examples of mindfulness in action in the workplace, while also showing you how to apply its lessons to specific professions, from sales to teaching, from law to medicine, from the trades to the creative arts.

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