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In an engaging, accessible, and often humorous style, Awake at Work offers readers a path to rediscovering a natural sense of intelligence, confidence, and delight on the job. Reviews: In brief, accessible chapters, Carroll expounds some 35 slogans designed to be both fodder for meditation and mnemonic devices for when that particular message can help the most, during an opportune moment at work.

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In Awake at Work: 35 Practical Buddhist Principles for Discovering Clarity and Balance in the Midst of Work's Chaos, author Michael Carroll observes that helping your coworkers isn't simple or easy. Often, well-intentioned individuals aren't equipped to give effective help.

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Courage at work requires that we examine the less optimistic side of our jobs -- the areas of discontent and frustration and resistance. In Awake At Work, exploring our anxieties about livelihood is a gesture of fearlessness: a willingness to be honest with ourselves and open to others.

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? Michael Carroll, Awake at Work: 35 Practical Buddhist Principles for Discovering Clarity and Balance in the Midst of Work's Chaos

"Typically, business treats groundlessness or uncertainty as a liability or inconvenience, a temporary mirage on our way to perfect and lasting control.

## **Awake at Work Quotes by Michael Carroll - Goodreads**

Awake at Work 35 Practical Buddhist Principles for Discovering Clarity and Balance in the Midst of Work's Chaos By Michael Carroll One of the best books written about practicing spirituality on the job.

## **Awake at Work | Book Reviews | Books | Spirituality & Practice**

Awake at Work. At its heart, Awake at Work offers thirty-five principles that we can use throughout our day to revitalize our work as well as our understanding of ourselves and others. Carroll invites readers to contemplate these slogans and to use them on-the-spot, in the midst of work's chaos, to develop clarity, wisdom, and inspiration.

## **Awake at Work - Shambhala Publications**

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