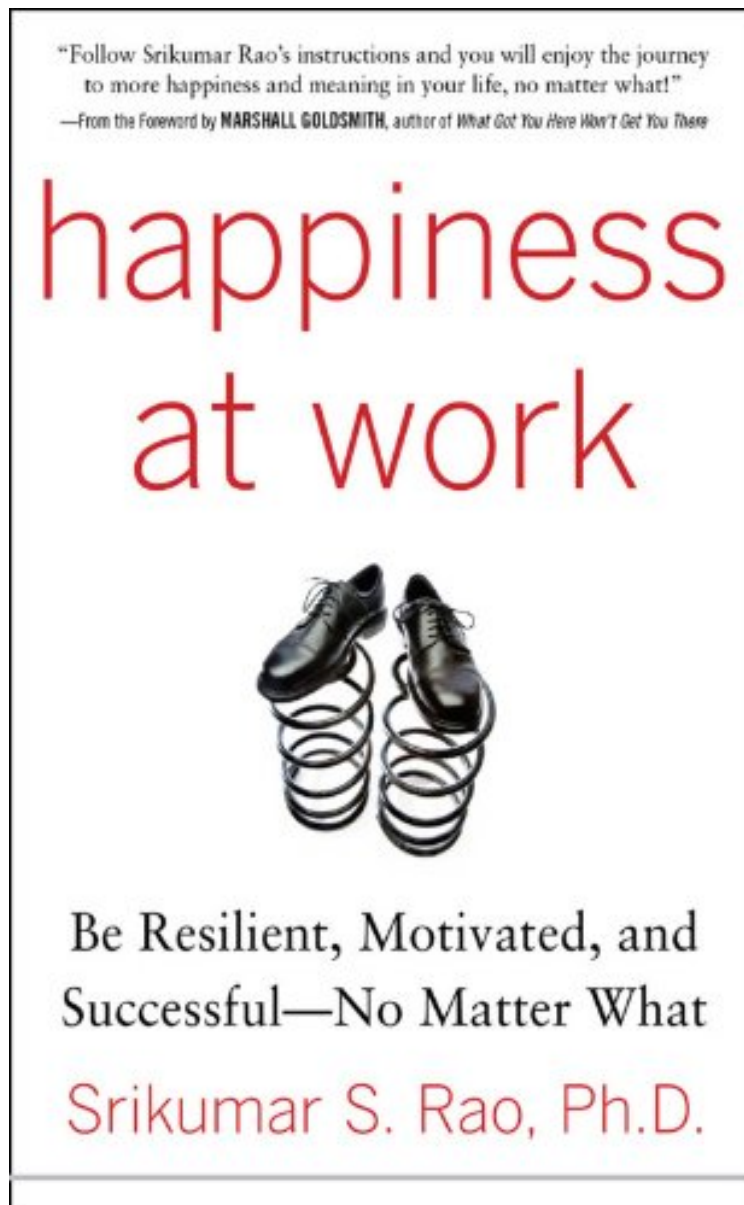


(Mobile book) Happiness at Work: Be Resilient, Motivated, and Successful - No Matter What (Business Skills and Development)

## Happiness at Work: Be Resilient, Motivated, and Successful - No Matter What (Business Skills and Development)

*Srikumar S. Rao*

*DOC | \*audiobook | ebooks | Download PDF | ePub*



DOWNLOAD



READ ONLINE

#385053 in eBooks 2010-03-26 2010-03-26 File Name: B003JH86GG | File size: 44.Mb

**Srikumar S. Rao : Happiness at Work: Be Resilient, Motivated, and Successful - No Matter What (Business Skills and Development)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Happiness at Work: Be Resilient, Motivated, and Successful - No Matter What (Business Skills and

Development):

0 of 0 people found the following review helpful. Halloween for the Mind By Brandon Peele Srikumar Rao, a friend and former Professor of mine, wrote a beautiful narrative, illuminating many common, yet flawed human processes. This book is a distillation of many of the key concepts of his course, Creativity and Personal Mastery, of which I am a graduate. The course, and by extension the book, is an innovative synthesis and pragmatic refinement of spiritual truths that transcend tradition. Specifically, Srikumar succeeds in challenging the epidemics of positive thinking, judgment, and traditional notions of happiness and success, offering his readers more intuitive and sustainable life practices. Most valuable are the exercises in the book; they actually produce a radical shift in perspective and being - almost like a Halloween for the mind. Collectively they expose more harmonious and fulfilling ways of moving through life. I recommend this book, as well as his seminars and course, to anybody interested in upgrading their operation system and experiencing greater levels of fulfillment and performance in all areas of their life - to those curious about taking the lead in their own evolution. 0 of 0 people found the following review helpful. This is a must read for anyone who works for a living! By RSolo Professor Rao is very skilled at directing people to discover their deepest wisdom and innate happiness. His book provides lots of practical, easy to apply ideas that empower anyone who works to truly take ownership of their happiness and success. This book is now required reading in our team learning program. It is making a huge difference in helping our participants get much more enjoyment out of what they do every day. 0 of 0 people found the following review helpful. This book is excellent for developing yourself into the type of person you ... By Bob This book is excellent for developing yourself into the type of person you wish to be. I attended a half day workshop offered by Dr. Kumar which prompted me to buy this book. Short concise chapters with exercises to do. Tremendous resource help. I highly encourage people to read this.

Learn to create resilience and happiness no matter what's going on in your life In these tough times, there are few people who are completely happy with the current conditions. From business executives to the everyday Joe or Jane, everyone seems to be going through a rough economic and personal crunch. But acclaimed business school Professor Srikumar Rao says that we can learn to create joy no matter what else may be going on around us. Rao shows you that it isn't the negative thing that happens to you that causes your unhappiness, it's how you see it. Happiness at Work is a thought-provoking new title that moves the mind away from negativity and forces you to resist labeling situations as "bad", but rather seeing them as neutral. Happiness at Work provides: Surprising ways of looking at change and problem-solving Exercises that shift one's perspective Learn the vital wisdom necessary to achieving a joyful, successful life as you define it through greater resilience and a strong inner core. Get it now with The Happiness Choice. "Follow Srikumar Rao's instructions and you will enjoy the journey to more happiness and meaning in your life, no matter what!"--Marshall Goldsmith, author of What Got You Here Won't Get You There "Happiness at Work brings new understanding of the essential role happiness plays in workplace learning and performance. Srikumar Rao's guidelines for our journey to leadership include aspects rarely explored and newly significant."--Frances Hesselbein, chairman and founding president, Leader to Leader Institute/Drucker Foundation for Nonprofit Management "This book is a treasure chest full of wisdom. Each and every one of its 34 chapters introduced me to or reminded me of a very important principle for living a happy and successful life."--Jack Canfield, co-creator of the Chicken Soup for the Soul series and coauthor of The Success Principles