

Mindfulness At Work Essentials For Dummies

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Mindfulness At Work Essentials For

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Mindfulness at Work Essentials for Dummies by Shamash ...

Mindfulness at Work For Dummies provides essential guidance for employees at all levels of an organization who are seeking more focus and clarity in their work. It explains how mindfulness can help employers wishing to implement mindful practices into the workplace, and provides leaders and mentors within an org Master your mind, manage stress and boost your productivity!

Mindfulness at Work for Dummies by Shamash Alidina

This audio resource center is an interactive addition to Mindfulness at Work Essentials For Dummies, with bonus material created to help you better understand the concepts and techniques from the book. You can navigate to your desired audio track by selecting individual tracks in the content menu.

Mindfulness at Work Essentials For Dummies Resource Center

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Mindfulness at Work: How to Avoid Stress, Achieve More

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Headspace president and COO CeCe Morken is having a moment, as her firm's meditation app is a hit with companies. Here's a quick check-in on the biggest mental health experiment we've ever seen.

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