



Work: How to Find Joy and Meaning in Each Hour of the Day

Thich Nhat Hanh

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We all need to "Chop Wood and Carry Water". In Thich Nhat Hanh's latest teachings on how to use applied Buddhism in daily life, he looks at how we deal with workplace scenarios, handle home and family responsibilities, and endure traffic jams and other challenges of modern life. By carefully examining our everyday choices he encourages us to become a lotus in a muddy world by building mindful communities, learning about compassionate living, and come to an understanding of our inherent "Buddha nature." *Part-time Buddha* aims at contributing to new models of leadership and doing business, but is also full of life-coaching advice and finding our true happiness.

Work: How to Find Joy and Meaning in Each Hour of the Day Details

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Author : Thich Nhat Hanh

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Marina says

Everythink he said was simple and true. Anyone could find use of his advice, because they are that general, but with specific exercises how to achieve this serenity he talks about. I loved the idea of "monotasking" he presents, in my working world where multitasking is still an advantage.

Becky says

I think I may read this again after a time. It challenged me and I needed to be challenged. I see I have very little faith that things can be different and I will have to begin to believe that I can be transformed.

I love the imagery in this book. The tree blowing in a storm, with the billowing leaves and sturdy trunk - a reminder to stay with the trunk, the core body, the breath, when strong emotions arise, and to stay out of the canopy of thinking during that time. The boat that holds the pebbles and rocks of burdens like stress, anxiety, fear, mistrust; the boat is your community of mindfulness-seekers.

I have only begun to touch the surface of this. There is much work to be done.

Sara Freels says

For anyone experiencing any sort of deep emotion, this book is a great healing escape. I've been meditating the past three months, which Mr. Hanh has helped me start, (along with of course Dan Harris, Sharon Salzberg, Joseph Goldstein and Russel Simmons) to remember, how to remember, to be mindful and the ability to physically and mentally.....START AGAIN.

Eduardo says

"Everyone has a different way of seeing. We shouldn't try to make people think the same way we do or do things in the same way as we would."

Heather says

Sorry! :(

Colleen McClowry says

Like all Thich Nhat Hanh's writings, a pleasant read-before-bed book.

Paige says

This is basically a re-presentation of the same material found in the author's other books, situated in a new context. Not necessarily a criticism - learning about practical Zen from a venerable practitioner is very rewarding.

Do yourself a favor and watch a Dharma talk by the author before picking up the book. It's very helpful to read the book in his voice.

Gabija says

Some parts of this book almost make one want to say "yeah, and now let's all hold hands and sing about rainbows in our teddy-bear land office!", but you DON'T have to do everything that's suggested (I even think all of it is possible for certain people in certain workplaces). I noticed that when I held back my skepticism and tried it, I massively benefited from the practices presented in this book. They took some costumisation to feel natural, but that's how it should be I suppose. Also, the huggy-teddy-bear tone in which Thich Nhat Nanh writes, though it may seem a little... too hippy, actually does miracles; you can FEEL how serene, calm and positive the author is by just opening his book, and the very act of reading all of it already produced a very calming effect for me, before I even could put it into practice.

Reid says

This is a fine little book on the nature of mindfulness and its applicability to the working world. Though there is no central thesis to speak of, at the same time, the overarching philosophy underlying everything here is that, were we to choose compassion and wisdom over greed and narrow thinking, the world would be a much, much better place. Hard to argue with that.

There are some wonderful jewels here, some ways of being in the world of work with love and understanding. I intend to take these with me on the way.

Still, from a literary point of view, this is rather a hodgepodge of collected aphorisms than a book with a thematic core upon which it builds. Not a tragedy, of course, but the book might have been more useful—and a bit more readable—had these elements been present.

Donniesands says

If this were my first read from Thich Nhat Hanh I would give it 4 stars. Very good but some rehashing of ideas from his other great books.

Neja says

Thich Nhat Hanh is a wonderful teacher, I learned so much from him by reading two of his books. I am exploring buddhism and I really love his books because they are practical for this modern age, for this generation. Not a lot of us live somewhere where money, hate, rage, jealousy, competition, anger wouldn't appear, we don't live in the woods...surrounded by nature, we face a lot of challenges. And he so beautifully teaches us how to use Buda's philosophy at work in this book.

Karen says

I devoured this like a starving person. I'm eager to try out the concrete suggestions on Monday.

Neeraj Adhikari says

This book teaches you how to practice mindful work, how to apply zen to your workday from the moment you wake up to the end of the day. It guides you in applying these principles to your workplace so that you can work well and be at peace with yourself, your co-workers and the world.

I am a great believer in the efficacy of Zen principles - especially mindfulness - in increasing your overall well-being and happiness. That said, I really lack practice and I'm rarely, if ever, mindful. This book changed that a bit. Even though I remembered to pay attention to my breathing and be mindful (mostly) only while reading the book, I could feel my stress levels decreasing during the whole day. I was less frequently agitated and irritated.

John says

I borrowed this from the library, but went and bought the Kindle copy because I know I will want to go back to parts of this again multiple times. This is full of wonderful advice and ways of dealing with the everyday existence. If you're looking for ways to make life at work a happier experience, this book can definitely help.

Tony Bogar says

This book does an excellent job of helping you see the big picture and small details and understand how they are interconnected. Simple, engaging, and practical.

I learned that I am already practicing mindfulness - well, I am on my way. I have yet, however, to find my Right Livelihood. It's a journey for me.

