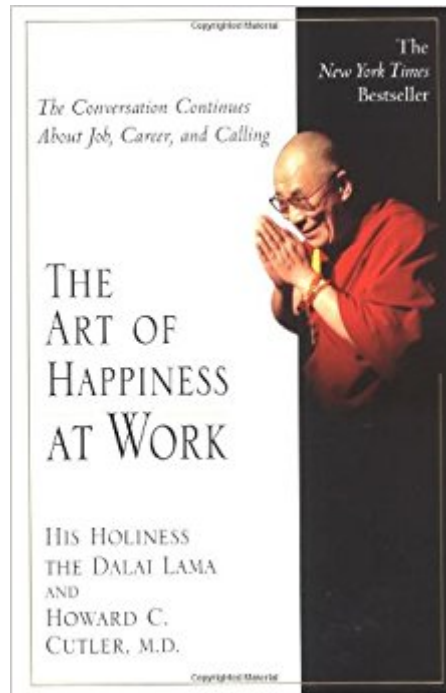




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The Art Of Happiness At Work



Synopsis

From the authors who brought you the million-copy bestseller *The Art of Happiness* comes an exploration of job, career, and finding the ultimate happiness at work. Over the past several years, Howard Cutler has continued his conversations with the Dalai Lama, asking him the questions we all want answered about how to find happiness in the place we spend most of our time.

Work—whether it's in the home or at an office—is what mostly runs our lives. We depend on it to eat, to clothe and shelter ourselves, and to take care of our families. Beginning with a direct correlation between productivity and happiness, Dr. Cutler questions His Holiness about the nature of work. In psychiatry and according to the Dalai Lama, our motivation for working determines our level of satisfaction. The book explores three levels of focus: survival, career, and calling. Once again, Cutler walks us through the Dalai Lama's reasoning so that we know how to apply the wisdom to daily life. This practical application of Buddhist ideas is an invaluable source of strength and peace for anyone who earns a living.

Book Information

Paperback: 224 pages

Publisher: Riverhead Books; Reprint edition (September 7, 2004)

Language: English

ISBN-10: 1594480540

ISBN-13: 978-1594480546

Product Dimensions: 5.5 x 0.6 x 8.3 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 58 customer reviews

Best Sellers Rank: #123,916 in Books (See Top 100 in Books) #17 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama #80 in Books > Health, Fitness & Dieting > Psychology & Counseling > Occupational & Organizational #237 in Books > Religion & Spirituality > Religious Studies > Philosophy

Customer Reviews

In their 1998 book *The Art of Happiness: A Handbook for Living*, His Holiness the Dalai Lama and co-author Howard C. Cutler, M.D., explored how inner development contributes to overall happiness. In their second collaboration, the authors considered how they could best follow their highly successful first book. They chose a subject that affects millions of people around the world and produced. In this very readable, useful book, the authors attempt to discover the following:

"Where does work fit in to our overall quest for happiness?" and "To what degree does work satisfaction affect our overall life satisfaction and happiness?" The Art of Happiness at Work is a modern-day Socratic dialogue in which Cutler asks the Dalai Lama about the difficulties and rewards we might encounter in the workplace. The authors explore issues such as work and identity, making money, the Buddhist concept of "right livelihood," and transforming dissatisfaction at work. The discussion appears simple, if not obvious, at first, but upon closer scrutiny, the Dalai Lama's profound wisdom and sensitivity emerges. For the Dalai Lama, basic human values such as kindness, tolerance, compassion, honesty, and forgiveness are the source of human happiness. Throughout the book, he illustrates with clear examples how bringing those qualities to bear on work-related challenges can help us tolerate or overcome the most thorny situations. Recognizing that not all problems can be solved, the Dalai Lama provides very sound advice. The authors urge balance and self-awareness and wisely state, "No matter how satisfying our work is, it is a mistake to rely on work as our only source of satisfaction." --Silvana Tropea --This text refers to an out of print or unavailable edition of this title.

It should come as no surprise that the Dalai Lama, who is believed by his followers to be the human incarnation of the Buddha of Compassion, would take a compassionate interest in helping Westerners find happiness in the daily grind. Still, this slim follow-up to the 1998 bestseller The Art of Happiness will be a revelation to those who aren't yet familiar with the thought of the brilliant Buddhist monk. Attitude and a sense of meaning are the keys to happiness at work, the exiled Tibetan leader tells psychiatrist Cutler in the course of conversations that took place over several years. What will surprise many is the prime importance the Dalai Lama places on reason and analysis, and on the need to acquire "a sense of self that is grounded in reality, an undistorted recognition of one's abilities and characteristics." Cutler presents the findings of various Western researchers, including the concept of "flow," that state of blissful absorption in an activity that allows people to lose track of time and self-identity. The Dalai Lama compares flow to meditative experience, yet downplays it. In order to achieve the kind of happiness that can be sustained even in the hardest times, he says, we must engage in the slow, steady work of training our hearts and minds, rooting out negative habits and cultivating basic human values like kindness and compassion. The Dalai Lama avoids generalization, emphasizing the complexity of individual situations. He won't condemn the manufacture of weapons, for example, because, he says, although they are destructive, "nations do need weapons for security purposes." At a time when Western spiritual seekers are flocking to books telling them that all they really need to be happy and

good is to enter into a blissful meditative communion with the now, it is provocative and moving to be urged to think and to know oneself by the man who is arguably the greatest living symbol of the developed spirit in action. And what may be most moving is this: if the Dalai Lama is right, and if people do as he suggests-if they learn to see themselves impartially and to analyze their work in light of how many people it touches-they will begin to see, whether they are picking oranges or writing a novel, that the highest purpose of work and, indeed, of life is the helping of others.

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Fantastic advice. Everyone has a rough day at work every now and again. This book shows you how to shift your scope to what is important in life and how your work helps you achieve what matters most. I have recommended this book many times and each of them have loved it.

It's true and much easier to preach than practice

a very good piece if you are wondering whether your small sort of work even makes a difference

Excellent book, both in terms of content and of appearance and it was delivered to me promptly.

Very simple but yet touching. I thoroughly enjoyed, not only the philosophies in the book, but the whole Dalai Lama mentality. Unreal.

At first you have to think, The Dalai Lama and work, they simply do not go together. A great conversation with exceedingly deep insights of life. If you want to understand more about your life and those that are blessed to lead others, here is a book to keep close by. Many additional insights about how the HH The Dalai Lama makes these issues relevant to all of us today. Two statements will be with me forever, when asked, "What is your job what do you do?" ---- "Nothing" "I am just a simple monk." This is an investment in yourself, a mirror to ask yourself what are you doing, and oh so many extremely valuable lessons to be learnt.

Great book! Everyone in management should be required to read it!!! Gives great advice on how we should be at work. Our country could learn how to be successful again.

Refreshing and filled with insight.

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