



Resolver los problemas que surgen cotidianamente en el trabajo nos obliga a preguntarnos si es posible ser felices en ambientes cada vez más competitivos o en empleos que no nos gustan. Con varios años dedicados a impartir clases de meditación en el mundo corporativo, Sharon Salzberg nos ayuda a resolver esta interrogante y nos muestra la manera de llegar a entender los desafíos como una fuente para adquirir una mayor claridad y sentirnos plenos en nuestro desempeño profesional. A través de la revisión de los ocho pilares fundamentales para un desarrollo personal óptimo—equilibrio, concentración, compasión, resiliencia, comunicación, integridad, importancia y conciencia abierta—, la autora nos brinda las herramientas necesarias para mejorar, de manera significativa, nuestro entorno laboral. «Un libro sorprendentemente relevante para esta época en la que casi todos luchamos por hacer un buen trabajo en un clima delirante de agobio y agotamiento» Margaret J. Wheatley, autora de *El Liderazgo* y la nueva ciencia «Como alguien que trabaja con gente extremadamente competitiva en ambientes de alto riesgo, muy cargados e impulsados por el ego, este libro es un sustento para la cordura» Tim Ryan, congresista de Estados Unidos y autor de *A Mindful Nation*

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