



# Real Happiness at Work: Meditations for Accomplishment, Achievement, and Peace

*Sharon Salzberg*

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*Real Happiness at Work* brings the profound benefits of meditation to an area where people could use it most—the workplace. And it’s written by one of the world’s leading meditation teachers.

A follow-up to *Real Happiness*, the *New York Times* bestseller, Sharon Salzberg’s *Real Happiness at Work* is a practical guide to improving work life through mindfulness, compassion, and ingenuity. It’s about being committed without being consumed, competitive without being cruel, managing time and emotions to counterbalance stress and frustration. It shows readers how to be more creative, organized, and accomplished in order to do better, more productive work.

Dividing the idea of workplace satisfaction into eight pillars, *Real Happiness at Work* is filled with secular wisdom; core meditations on broad themes like motivation, awareness, and seeing the good in others; and more than a dozen exercises, including Moving From Me to We and When Things Go Wrong. Sprinkled throughout the book are short “stealth” meditations, the kind that are quick, private, and doable anywhere—“Let the phone ring three times, follow your breath, then pick it up” and “For an upcoming one-on-one conversation, resolve to listen more and speak less.”

Even the best jobs are filled with stress, tough deadlines, impatient bosses, seemingly endless meetings—all the ills of harried life. But as science increasingly shows, meditation is the antidote.

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