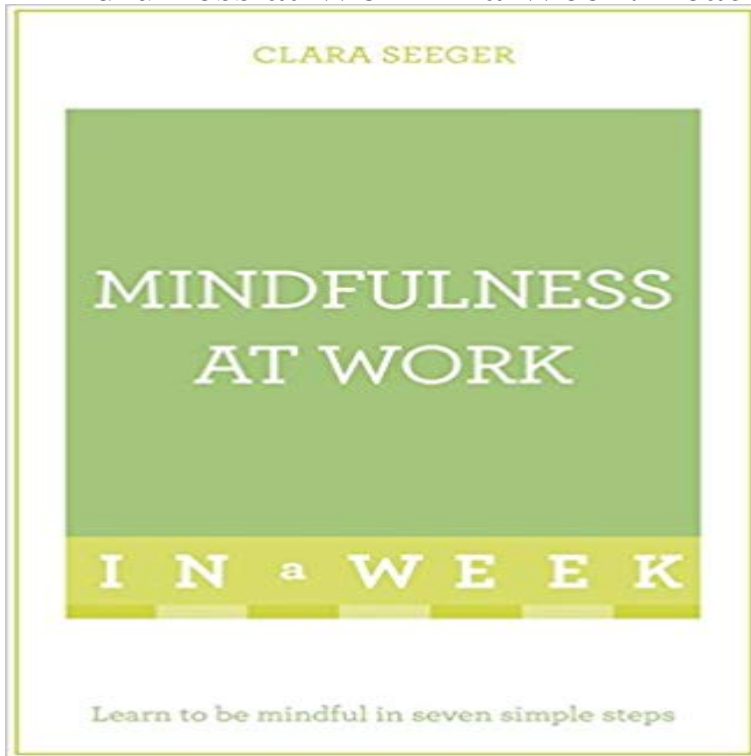


## Mindfulness at Work in a Week: Teach Yourself



In today's working environment, which is changing faster than ever, resilience is more than a buzzword. It is a vital skill to help you survive and get ahead in your career. Executive coach and business trainer Dr Seeger has been practising and teaching mindfulness since before it was fashionable, and in this short, accessible book she shares a lifetime of hard-earned wisdom and practical advice. Sunday: Learn to focus your attention and overcome the multi-tasking myth Monday: Use mindfulness-based stress reduction (MBSR) to prevent and overcome stress Tuesday: Discover how mindfulness can optimise your productivity Wednesday: Use mindfulness to overcome the brain's negativity bias and make the workplace happier for yourself and your colleagues Thursday: Regulate your emotions and improve your self-control Friday: Use mindfulness to create new mental maps which will promote insight and creativity Saturday: Understand how using mindfulness can strengthen relationships with your team

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