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El trabajo como practica espiritual / Work as A Spiritual Practice (Spanish Edition) Lewis Richmond La mayoría de la gente asocia el budismo con las prácticas meditativas destinadas a cultivar la calma, la bondad y la compasión. La presente obra, además, nos muestra el lado activo del budismo, que nos permitirá hallar la creatividad, la inspiración y la realización en nuestra vida laboral. El trabajo como práctica espiritual cuenta con más de cuarenta ejercicios que pueden realizarse incluso durante el más agitado de nuestros días de trabajo y se basa en el siguiente principio: «Sea cual fuere tu cargo y posición dentro de tu entorno laboral, siempre serás el director ejecutivo de tu vida interna», recordándonos que cualquier situación laboral puede convertirse en una oportunidad de desarrollo espiritual que nos enseñará a: ·Convertir nuestras preocupaciones habituales en búsquedas espirituales. ·Controlar el estrés aprendiendo a cultivar la conciencia corporal. ·Contemplar la ambición, el dinero y el poder desde una perspectiva espiritual. Esta innovadora guía, constituida por una fascinante combinación de enseñanzas budistas tradicionales, anécdotas ilustrativas y conocimientos prácticos, nos enseña que el mayor éxito es poder trabajar con alegría.

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