



## Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success

*By B J Gallagher, Franz Metcalf*

Download now

Read Online ➔

**Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success** By B J Gallagher, Franz Metcalf

There are lots of books that address how we should take care of ourselves, find calm, and enjoy happiness in a hectic work world. But few of those books apply the lessons of Buddhist thinking as resolution and guidance tools. These questions, though found in the modern day, are actually the core of all Buddha's teachings – impermanence, suffering, and the quest for happiness (freedom from suffering). This makes Buddha the kind of consultant or coach we need today in our workplaces.

Following in the tradition of the authors' first bestseller, this work goes on to explore and answer 101 dilemmas that we encounter at work, with topics ranging from time management, goal-setting, conflict to job dissatisfaction, unemployment, and even workplace trysts. The authors emphasize practical learning and coping, not esoteric insights or metaphysics, applying concrete solutions from Buddhist teachings to real problems in easily digestible chunks.

📄 [Download Being Buddha at Work: 108 Ancient Truths on Change ...pdf](#)

📖 [Read Online Being Buddha at Work: 108 Ancient Truths on Chan ...pdf](#)

# Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success

*By B J Gallagher, Franz Metcalf*

**Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success** By B J Gallagher, Franz Metcalf

There are lots of books that address how we should take care of ourselves, find calm, and enjoy happiness in a hectic work world. But few of those books apply the lessons of Buddhist thinking as resolution and guidance tools. These questions, though found in the modern day, are actually the core of all Buddha's teachings – impermanence, suffering, and the quest for happiness (freedom from suffering). This makes Buddha the kind of consultant or coach we need today in our workplaces.

Following in the tradition of the authors' first bestseller, this work goes on to explore and answer 101 dilemmas that we encounter at work, with topics ranging from time management, goal-setting, conflict to job dissatisfaction, unemployment, and even workplace trysts. The authors emphasize practical learning and coping, not esoteric insights or metaphysics, applying concrete solutions from Buddhist teachings to real problems in easily digestible chunks.

**Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success** By B J Gallagher, Franz Metcalf **Bibliography**

- Sales Rank: #914806 in Books
- Published on: 2012-02-06
- Original language: English
- Number of items: 1
- Dimensions: 8.42" h x .54" w x 5.58" l, .54 pounds
- Binding: Paperback
- 176 pages

 [Download Being Buddha at Work: 108 Ancient Truths on Change ...pdf](#)

 [Read Online Being Buddha at Work: 108 Ancient Truths on Chan ...pdf](#)

## Download and Read Free Online Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success By B J Gallagher, Franz Metcalf

---

### Editorial Review

#### Review

“This book, *Being Buddha at Work*, attempts to relate the Buddha’s advice to the modern workplace. I trust that readers will find inspiration here and pray that those who do will meet with success in putting that inspiration into effect.”

—**from the Foreword by His Holiness the Dalai Lama**

“*Being Buddha at Work* made me think; it made me chuckle; it made me reflect. This little book is like having Buddha as one of your mentors or coaches—someone who can help you with real-world problems.”

—**Ken Blanchard, coauthor, *The One Minute Manager®* and *Leading at a Higher Level***

“Most of us could benefit from having a little more of Buddha in us during our daily lives. This is a great guide to transcending the tensions of the workplace and facing issues with humor and equanimity.”

—**Walter Isaacson, President, Aspen Institute, author of the biographies *Steve Jobs*, *Einstein*, and *Benjamin Franklin*.**

“What do you get when a Buddhist scholar and a workplace expert write a book together? *Being Buddha at Work*—a treatise with profound spiritual implications and practical applications. Being mindful was never as important as it is in today’s high-stress business climate.”

—**Marshall Goldsmith, author of *MOJO* and *What Got You Here Won’t Get You There***

“As a Tibetan Lama, I am happy that workers everywhere can benefit from Buddha's teachings in their jobs and careers by reading this inspiring book. These same teachings have guided my Nyingmapa lineage for centuries, so it is richly rewarding to see them expanded into this new realm.”

—**Tulku Tsori Rinpoche, Founder of Yogi Tsori Dechen Rinpoche Foundation**

“In a world where people are stressed, overworked, and constantly distracted by screens, this book is a gentle wake-up call. Written in a clear and loving language, it will bring a smile of recognition to your lips and help you wipe the dust off your mind’s mirror.”

—**Dr. Cristina Rocha, Managing Editor, *Journal of Global Buddhism***

#### About the Author

Tenzin Gyatso, The Fourteenth Dalai Lama, is the spiritual and temporal leader of the Tibetan people. In 1989, he was awarded the Nobel Peace Prize for his struggle to liberate Tibet while advocating peaceful solutions based upon tolerance and mutual respect. He is the author of dozens of books, including "The Art of Happiness" and "The Universe in a Single Atom"

### Users Review

#### From reader reviews:

**Joseph Curtis:**

The book Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success can give more knowledge and also the precise product information about everything you want. So just why must we leave the best thing like a book Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success? A number of you have a different opinion about e-book. But one aim this book can give many information for us. It is absolutely appropriate. Right now, try to closer with the book. Knowledge or data that you take for that, you can give for each other; it is possible to share all of these. Book Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success has simple shape however, you know: it has great and massive function for you. You can seem the enormous world by open up and read a guide. So it is very wonderful.

**Arthur Smith:**

Information is provisions for anyone to get better life, information currently can get by anyone in everywhere. The information can be a information or any news even restricted. What people must be consider if those information which is within the former life are challenging to be find than now is taking seriously which one works to believe or which one often the resource are convinced. If you find the unstable resource then you obtain it as your main information we will see huge disadvantage for you. All those possibilities will not happen within you if you take Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success as the daily resource information.

**Hilton Rogers:**

Reading can called head hangout, why? Because if you find yourself reading a book specifically book entitled Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success the mind will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely will become your mind friends. Imaging each and every word written in a guide then become one form conclusion and explanation this maybe you never get ahead of. The Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success giving you one more experience more than blown away your mind but also giving you useful facts for your better life in this era. So now let us teach you the relaxing pattern at this point is your body and mind are going to be pleased when you are finished reading it, like winning a game. Do you want to try this extraordinary paying spare time activity?

**Bernice Cofield:**

This Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success is great e-book for you because the content that is certainly full of information for you who also always deal with world and get to make decision every minute. That book reveal it information accurately using great plan word or we can state no rambling sentences within it. So if you are read the item hurriedly you can have whole facts in it. Doesn't mean it only provides straight forward sentences but hard core information with lovely delivering sentences. Having Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success in your hand like having the world in your arm, information in it is not ridiculous 1. We can say that no guide that offer you world within ten or fifteen minute right but this book already do that. So , this is good reading book. Hey Mr. and Mrs. busy do you still doubt that?

**Download and Read Online Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success By B J Gallagher, Franz Metcalf #QN0EY7B8LR4**

## **Read Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success By B J Gallagher, Franz Metcalf for online ebook**

Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success By B J Gallagher, Franz Metcalf Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success By B J Gallagher, Franz Metcalf books to read online.

### **Online Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success By B J Gallagher, Franz Metcalf ebook PDF download**

**Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success By B J Gallagher, Franz Metcalf Doc**

**Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success By B J Gallagher, Franz Metcalf Mobipocket**

**Being Buddha at Work: 108 Ancient Truths on Change, Stress, Money, and Success By B J Gallagher, Franz Metcalf EPub**