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Your job is just one
piece of your life. There
can be so many other
facets that have
nothing to do with work
like family, friends,
hobbies, volunteering,
etc. Cultivate those
things so that when
you are having a tough
time at work you can
get away from that and

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focus on things that
give you joy. You have
to know yourself. This
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book is divided into three sections. The first, "Becoming a Mindful Worker," covers Buddha's wisdom for our own work.

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What Would Buddha Do At Work?: 101 Answers to Workplace Dilemmas. Berkeley, Calif. : San Francisco: Seastone, 2001. Print.

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