



# **Buddha 9 To 5: The Eightfold Path to Enlightening Your Workplace and Improving Your Bottom Line**

*Nancy Spears*

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Managers and employees are seeking a new vision for today's workplace - one that balances best practices and the bottom line. Based on the Buddhist practice of the Eightfold Path, "Buddha: 9 to 5" provides managers with a hands-on set of tools to reawaken themselves, their employees and their companies. The results is enlivened workplace that is positive, productive and innovative. It shows readers how to apply the Buddhist concepts of intention, mindfulness and right action to business - and reap prosperity not just in profits but in stronger connections with employees, customers and the community.

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