



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

*By B J Gallagher, Franz Metcalf*



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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.



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### 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"

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