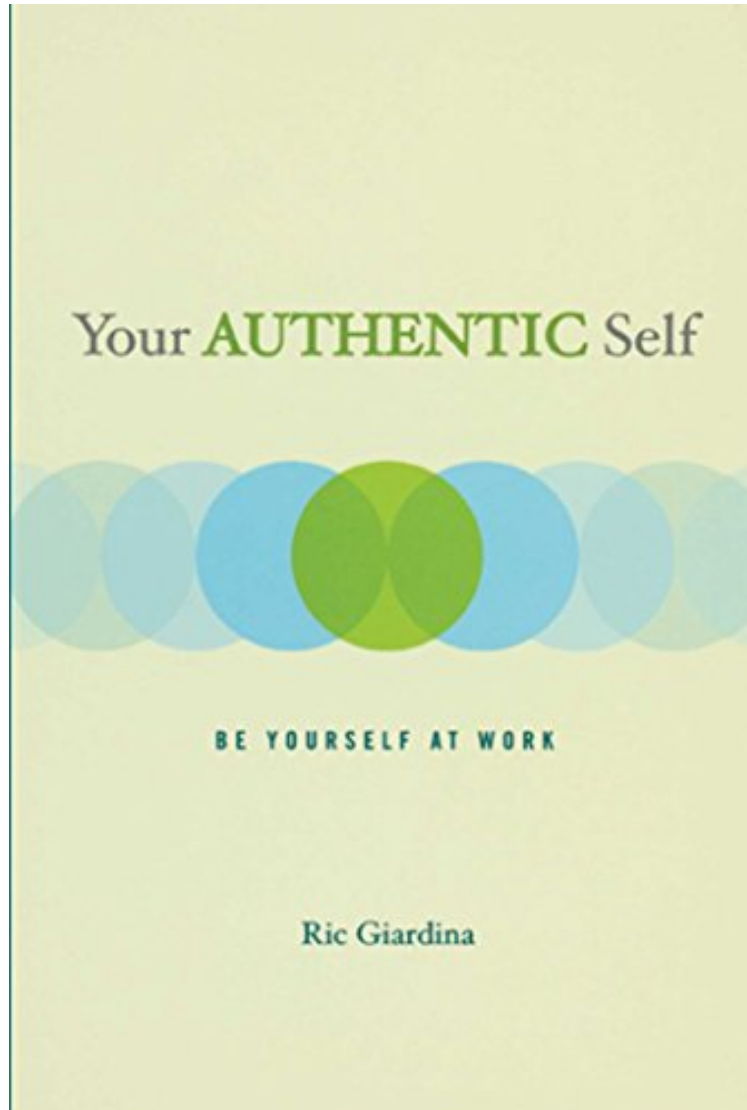


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Your Authentic Self: Be Yourself At Work

Ric Giardina

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Ric Giardina : Your Authentic Self: Be Yourself At Work before purchasing it in order to gauge whether or not it would be worth my time, and all praised Your Authentic Self: Be Yourself At Work:

5 of 6 people found the following review helpful. Your Authentic Self By Paul Sapp About a month ago, I was given Your Authentic Self as a gift. It has proven to be the most valuable gift I've ever received! Having just completed it, I plan to pick it right back up and start over again. I can't even begin to express how much this book is helping to transform my life. On November 22nd, 2002, I was laid off from my job as a Corporate Trainer at The Principal Financial Group. At first, I thought this was the end of the world and my initial reaction was one of self-pity and depression. But a few days later, a very enlightened friend of mine gave me your book at just the right moment. I was

hesitant at first to think that a book would do little more than give me a "temporary lift" or a pep talk. But Your Authentic Self has done so much more. It has helped me reconnect with parts of myself that I had long neglected. It has also helped me focus and articulate what it is I want/need out of my next job. I have not felt this centered and "authentic" in a very long time. I hadn't realized how much I was living in the outer self, and now that I'm aware of it, I never want to go back to being that person again. Life is VERY short, and very precious - with no dress rehearsal - so it's imperative that we make the most of our time, including our time at work. Your book is my roadmap to doing just that. I've already started applying the Law of Mind Action, mapped my future, and begun managing monkey mind. Now, what I HAD seen as a worst-case scenario (getting laid off) has actually become a blessing. I thank God - and the angels - for giving me this chance to spend some time getting to know myself better, reconnect with The Universe, and focus on what it is I REALLY want to do. I feel unburdened and unleashed!!! Thank you, Mr. Giardina, for this gift. I have recommended your book to everyone!!! 2 of 5 people found the following review helpful. Being Authentic Can Make Work Enjoyable Growth-oriented By Ivan Temes "Your Authentic Self" is really on target when it comes to a real-world approach to developing yourself AND finding ways to make the business-world an enjoyable experience. The key to retention is finding ways for people within organizations to grow (so they don't leave) and Ric Giardina has hit the nail on the head. We can't depend on others for our growth and happiness in organizations. We have to take matters into our own hands--using resources within us and gaining the support of others in our network. I have used many of the tools that Ric recommends and learned creative ways to add to them in the book. They enhance my abilities in important areas such as commitment, intuition, creativity, caring, relationships and spiritual aspects that apply at work. I'd love to have everyone express what they really want--rather than living in fear or lethargy. We would have some progressive (and profitable) companies and be able to sustain them more effectively. 1 of 2 people found the following review helpful. APPLY the knowledge of this book By David Humes Ric is a very concise, articulate, and wise man. I've read hundreds of books on personal growth, business success, and spirituality, and I will most certainly continue to do so for the rest of my life. If you're not growing, you're dieing. In my humble opinion, this is the best, most complete book on how to live a balanced life I've ever read. Ric has done a remarkable job. This is one of those rare gems that you want to read over and over again to extract all it has to offer. Thank you for your gift to those who seek wisdom and act upon it when they see it.

Can we ever learn to just be ourselves at work? In Your Authentic Self, Ric Giardina says we can. He tells how, by honoring our authentic self at work, we open the doors to hidden gifts, including creativity, intuition, and innovation. The end result is greater clarity of insight and better on-the-job performance, expanding our opportunities for advancement even as we enjoy more fulfilling work relationships. Through the practical, easy-to-follow techniques and exercises in this book, you will discover ways to get the most out of your work life and begin recognizing it as an integral part of your personal and spiritual journey

About the Author Ric Giardina is the founder and president of The Spirit Employed Company, a management consulting and training firm that offers keynote addresses and other programs on authenticity, balance, community, and discipline. Ric is the author of Your Authentic Self: Be Yourself at Work and a book of poetry called Threads of Gold. He lives in Los Gatos, California, with his wife and daughter.