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# Zen and the Art of Making a Living: A Practical Guide to Creative Career Design (Compass)

*Laurence G. Boldt*

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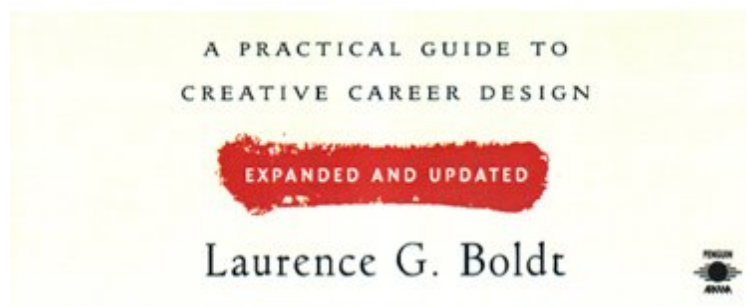
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Patrick D. Goonan I am an integral coach who does a lot of career counseling. This is hands down my absolute favorite book on this topic because it provides inspiration, practical tools and presents good information in a way that is very easy for anyone to understand. This book is essentially about finding your vocation or your heart's deepest desire. It encourages you to align your work with your values as much as possible and it is written from a spiritual perspective that is generally Eastern, but it does not actually push a particular worldview over any others. If you have the discipline to work through this book, you will learn a lot about yourself and the type of work that makes you most happy. It will also show you how to take what you most love doing and create opportunities to do more of it. This book is particularly good for mid-life career changers and young people who are idealistic or torn between their head and their heart. It provides tools that will help them to cut through confusion and get clarity about what really matters to them. This is my favorite work by this author. His other work is good, but I find this particular book a step above his other work. If you want a good career resource in a similar vein, I also recommend "The Beginner's Guide to Finding Your Perfect Job" by Rick Jarow. This is a very helpful and inexpensive tape or CD.

The most innovative, unconventional, and profoundly practical career guide available? newly revised and updated With today's economic uncertainties, millions of Americans realize they must seize control over their own career paths. They want work that not only pays the bills but also allows them to pursue their real passions. In this revised edition, Laurence Boldt updates and revises his revolutionary guide to meet the challenges of the twenty-first century workplace. The first part of this book helps readers to identify the work that they really want to do, while the second provides practical, active steps to finding or creating that work. *Zen and the Art of Making a Living* goes beyond inspiration, providing a proven formula for bringing creativity, dignity, and meaning to every aspect of the work experience.

"I commend this book to all thoughtful readers and seekers." -Richard N. Bolles, author of "What Color is Your Parachute"? "Boldt is a master at transforming philosophy into action." -"Business Ethics" About the Author Laurence G. Boldt is a writer, career consultant, and lifetime student of Eastern philosophies, with more than a decade of experience helping people shape their dreams into practical realities. He is the bestselling author of *Zen and the Art of Making a Living*, *How to Find the Work You Love*, and *Zen Soup*. He lives in Santa Barbara, California..