

What Would the Buddha Say to Me About My Career Challenges?

Nothing eludes career-changers and job-seekers more than a **calm, centered, aware mind**, the central tenet of mindfulness and Buddhism. No matter what your own spiritual or religious practices might be, these selected readings from Buddhist psychology can be the “treatment of choice” for all of the following:

- Anxiety about workplace stress
- Getting along with impossible people at work
- Opening your imagination to new possibilities
- Wanting to make a change that others might not support
- Calling forth the confidence you need to make necessary changes
- Moving beyond the self-defeating attitudes or habits that are sabotaging your efforts to be more “successful” in your work (however you define success)

Try a healthy “dose” of some of the books below to help you feel more in control of the decision-making and targeted marketing you probably have ahead of you.

Martine Batchelor, Let Go. A Buddhist Guide to Breaking Free of Habits. This book does what the title promises—suggests ways to break old negative patterns and feel more in control of your life, at work and at home. If you’re feeling stuck, there is a good chance that it’s at least partially an “inside job.” Let this little book show you how you might be getting in your own way.

Sylvia Boorstein, Pay Attention, for Goodness’ Sake. Practicing the Perfections of the Heart—the Buddhist Path of Kindness. Boorstein offers ways to bring loving kindness, self-control and positiveness into our lives, enabling us to resist negativity when our work lives are causing us stress. Being kind to ourselves and others can be a surprisingly effective antidote to career problems.

Sylvia Boorstein, It’s Easier Than You Think. The Buddhist Way to Happiness. Writing with heart and wisdom about the important concept of Mindfulness, Boorstein leads us to an “aware and balanced acceptance of our present experience.” Just when you’re trying to forget about what’s wrong at work, Boorstein reminds you that paying

attention the the now (not the imagined doomsday you're dreading) might be the way to go.

Rick Hanson, Buddha's Brain. The Practical Neuroscience of Happiness, Love and Wisdom. For readers who enjoy understanding how our brains help us and/or keep us stuck in hard places, this combination of science and spirituality can help you shape your self-transforming brain to have greater emotional balance in turbulent times, healthier relationships and more effective actions. Given the uncertainty and shifting realities of the world of work these days, Hanson should be on everybody's desk for quick hits of self-assurance and balanced thinking.

Sharon Salzberg, The Force of Kindness. Change Your Life With Love & Compassion. This very readable book discusses the healing power of *metta meditations*, leading us to intensive awareness, and kindness toward ourselves and others, helping us resist anxiety, perfectionism and resentment. The accompanying CD for this book allows you to take advantage of Salzberg's wisdom not only when reading, but also as you fall asleep practicing one of her calming meditations.

Jack Kornfield, The Wise Heart. A Guide to the Universal Teachings of Buddhist Psychology. Kornfield also discusses two important themes for people in transition: (1) the importance of Mindfulness, or staying aware of exactly what's going on in the moment and (2) the liberating power that can come from holding the world in kindness rather than blame or fear. The most important thing a career explorer can do is to let go of assumptions and negative self-talk, and Kornfield has great prescriptions for helping you do that.

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