



# The Mindful Workplace: Developing Resilient Individuals and Resonant Organizations with MBSR

*Michael Chaskalson*

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## **The Mindful Workplace: Developing Resilient Individuals and Resonant Organizations with MBSR**

Michael Chaskalson

This book offers a practical and theoretical guide to the benefits of Mindfulness-Based Stress Reduction (MBSR) in the workplace, describing the latest neuroscience research into the effects of mindfulness training and detailing an eight-week mindfulness training course.

- Provides techniques which allow people in organizations to listen more attentively, communicate more clearly, manage stress and foster strong relationships
- Includes a complete eight-week mindfulness training course, specifically customized for workplace settings, along with further reading and training resources
- Written by a mindfulness expert and leading corporate trainer

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