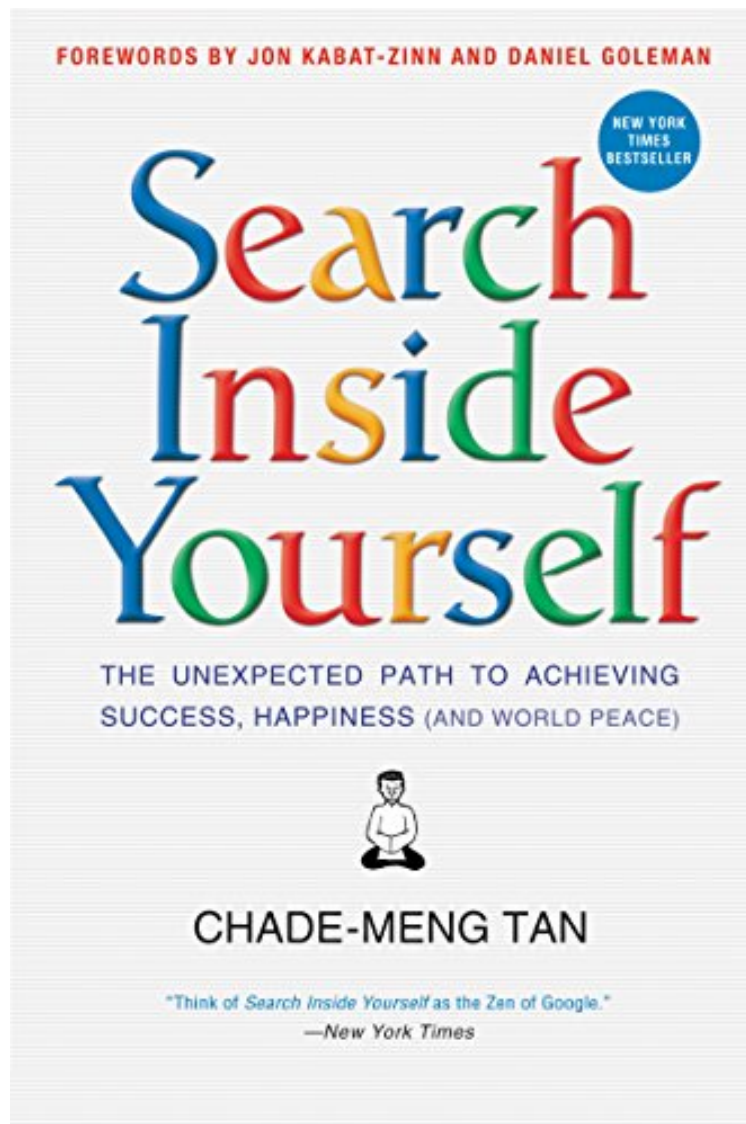


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Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and World Peace)

Chade-Meng Tan, Daniel Goleman, Jon Kabat-Zinn
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mindfulness - I love how his analytical rationale compliments other spiritual or intuitive explanations. I learned new ways to think about mindfulness practice, and new ways to explain its components to engineers I may encounter as well. :) I personally found him pretty hilarious too. :) 0 of 0 people found the following review helpful. Well done: earthy and relevant
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With *Search Inside Yourself*, Chade-Meng Tan, one of Google's earliest engineers and personal growth pioneer, offers a proven method for enhancing mindfulness and emotional intelligence in life and work. Meng's job is to teach Google's best and brightest how to apply mindfulness techniques in the office and beyond; now, readers everywhere can get insider access to one of the most sought after classes in the country, a course in health, happiness and creativity that is improving the livelihood and productivity of those responsible for one of the most successful businesses in the world. With forewords by Daniel Goleman, author of the international bestseller *Emotional Intelligence*, and Jon Kabat-Zinn, renowned mindfulness expert and author of *Coming To Our Senses*, Meng's *Search Inside Yourself* is an invaluable guide to achieving your own best potential.