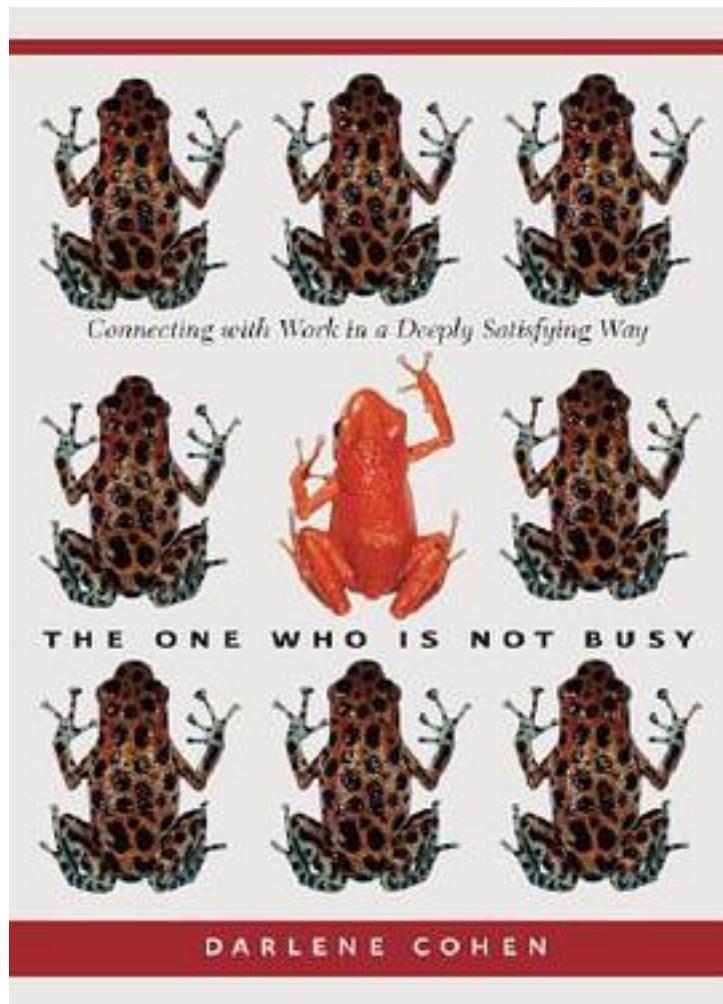


One Who Is Not Busy, The: Connecting with Work in a Deeply Satisfying Way



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著者:Darlene Cohen

出版者:Gibbs Smith (2004年3月12日)

出版时间:

装帧:HRD

isbn:9781586852511

Book Description The intense pressure of daily life gets to everyone eventually-we are all just too stressed out. The demands of modern lives-job, relationships, children, housework, exercise, meals, even spiritual fulfillment-combine to overwhelm and weigh us down. We seem to get through this struggle day by day, week by week, praying that we have the fortitude to survive until the next weekend, the next vacation, when we can totally crash. Along with the daily stress comes the edgy realization that despite all the effort we've made, we still don't have what we want. Even when everything seems caught up, contentment still eludes us. Author Darlene Cohen seeks to rejuvenate the weary professional, busy parent, and harried student by offering a path on which to walk away from exhausted frustration toward a holistic approach to time management. *The One Who Is Not Busy* introduces two fundamental and specific skills to make this happen: the ability to narrow or widen the mind's focus at will the mental flexibility to shift the mind's focus at will from one thing to another: to go from "narrow" to "narrow" to "narrow" Sound impossible? This is the notion of simultaneous inclusion. In *The One Who Is Not Busy*, Cohen illustrates that a person could be both busy and not busy at the same time by following six busy professionals through this unique process. Cohen affirms that it is learning to be simultaneously "busy" and "not busy" by living the principles of simultaneous inclusion that will allow us to experience work-and the rest of our lives-in a deeply meaningful way. In a culture that rewards only the final product, many professionals find themselves always looking to the next project, the next reward, the next vacation. Learn how to focus on the present, and stop missing what is right in front of you. Darlene Cohen, M.A., LMT, earned her graduate degree in physiological psychology and spent the majority of her Zen training-thirty years-as a laywoman. After developing rheumatoid arthritis, she became a movement teacher for people with joint restrictions, and was then certified as a massage and movement teacher. Currently, she sees clients and gives workshops, classes, lectures, and seminars that emphasize mindfulness, at various medical and meditation centers throughout the San Francisco Bay Area, Washington State, Illinois, and New York City. From the Inside Flap Introduction: The Problem of Busyness Chapter 1: The Ones Who Are Busy Chapter 2: The Problem of Busyness is a Problem of Focus Chapter 3: Training the Busy Ones Chapter 4: Exercises That Cultivate the Skill of "Simultaneous Inclusion" Chapter 5: Living Seamlessly Chapter 6: A Question of Values Chapter 7: Conclusion Endnotes See all Editorial Reviews

作者介绍:

目录:

[One Who Is Not Busy, The: Connecting with Work in a Deeply Satisfying Way](#) [下载链接1](#)

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