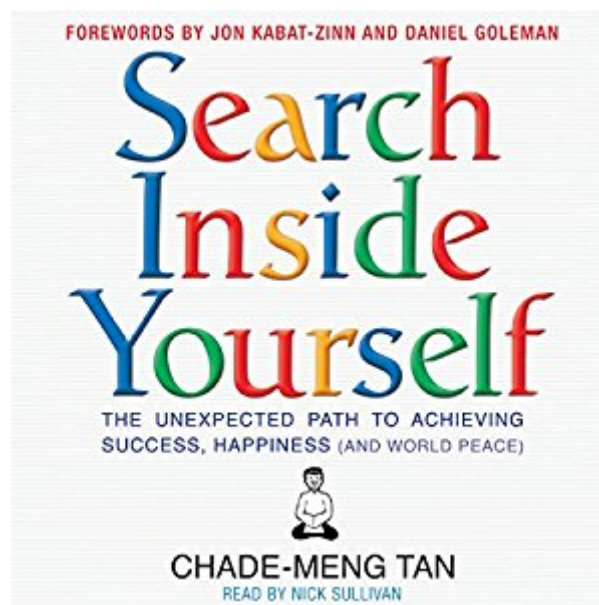




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Search Inside Yourself: The Unexpected Path To Achieving Success, Happiness (and World Peace)



Synopsis

Early Google engineer and personal-growth pioneer Chade-Meng Tan first designed Search Inside Yourself as a popular course at Google, intended to transform the work and lives of the best and brightest behind one of the most innovative, successful, and profitable businesses in the world... and now it can do the same for you. Meng has distilled emotional intelligence into a set of practical and proven tools and skills that anyone can learn and develop. Created in collaboration with a Zen master, a CEO, a Stanford University scientist, and Daniel Goleman (the guy who literally wrote the book on emotional intelligence), this program is grounded in science and expressed in a way that even a skeptical, compulsively pragmatic, engineering-oriented brain like Meng's can process. Whether your intention is to reduce stress and increase well-being, heighten focus and creativity, become more optimistic and resilient, build fulfilling relationships, or just be successful, the skills provided by Search Inside Yourself will prove invaluable for you. This is your guide to enhancing productivity and creativity, finding meaning and fulfillment in your work and life, and experiencing profound peace, compassion, and happiness while doing so. Search Inside Yourself reveals how to calm your mind on demand and return it to a natural state of happiness; deepen self-awareness in a way that fosters self-confidence; harness empathy and compassion into outstanding leadership; and build highly productive collaborations based on trust and transparent communication. In other words, Search Inside Yourself shows you how to grow inner joy while succeeding at your work. Meng writes: "Some people buy books that teach them to be liked; others buy books that teach them to be successful. This book teaches you both. You are so lucky."

Book Information

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Customer Reviews

The engineer's guide to developing 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. :)

At a time when turmoil swirled around me and the ones I love, along came this book, I have now read it several times and continue to find myself deep in thought and reflection every time. Love it

My husband started reading the book before I got to it and now we are reading it together

Another gift for my hubby, who enjoyed it. Keeps this book on his shelf and often reads back to refresh his mind.

By linking mindfulness and emotional intelligence and building a curriculum that individuals and groups can use this book provides a path for self discovery and for nurturing healthy relationships and organizations.

As someone who already meditates regularly, this book brought me a lot. The exercises are very good and the wider perspective it brings is essential. I recommend looking past the title (self-help-) and try a few chapters

Simply amazing. Every page in this book is replete with pearls of wisdom. From a practical point of view, this book shows how to follow a time-tested, elegant but simple process to navigate from a restless state to a calm state. Every person, regardless of his/her intellectual capacity, religious beliefs, profession, way of life will tremendously benefit from various techniques that are thoroughly explained in the book. Even for the undisciplined folks or people who seek immediate gratification, this book teaches methods that will be useful. As Tan says, One Breath a Day is sufficient to start various practices laid out in this book. Everyone in our family has gained from this book. Even my seven year old spends 10 minutes "searching inside himself".

Simple, clear, well organized, and totally believable path to inner peace and outer effectiveness. Let it change your life too.

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