

Mp3 Jason Stein - Meditation In The Workplace



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Warning: This CD will cause extreme relaxation, focus, and success in your workplace. Do not listen to CD while driving or operating heavy machinery. 19 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Meditation Details: Have you ever wanted to pick up your computer and throw it through the window? It is easy to get overwhelmed at work. And once you get in a state of anxiousness and stress you can get stuck and eventually this will lead to breakdowns in your health, relationships, and finances. Ultimately you will be left feeling frustrated, unproductive, and disconnected to your heart. My life passion is connection. I believe that first we have to be connected in a profound way to our heart before we can connect with out work and share our gifts and talents with the world. When it came time to decide about a course of education, I was interested in making this idea of connection manifest in my life. A major in Psychology was a foundation. I added a Doctor of Oriental Medicine because I realized that the body is an internal system of connection that works powerfully in our lives. Then I received a Professional Coach Certification so that I could communicate all of this to others. Three years of chaplaincy training helped to shape the spirituality that has always been such an internal force. If you are tired of feeling like an alien in your work life and you want more connection to your heart, then I recommend "Meditation in the Workplace." For more information about me visit JasonStein.com

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