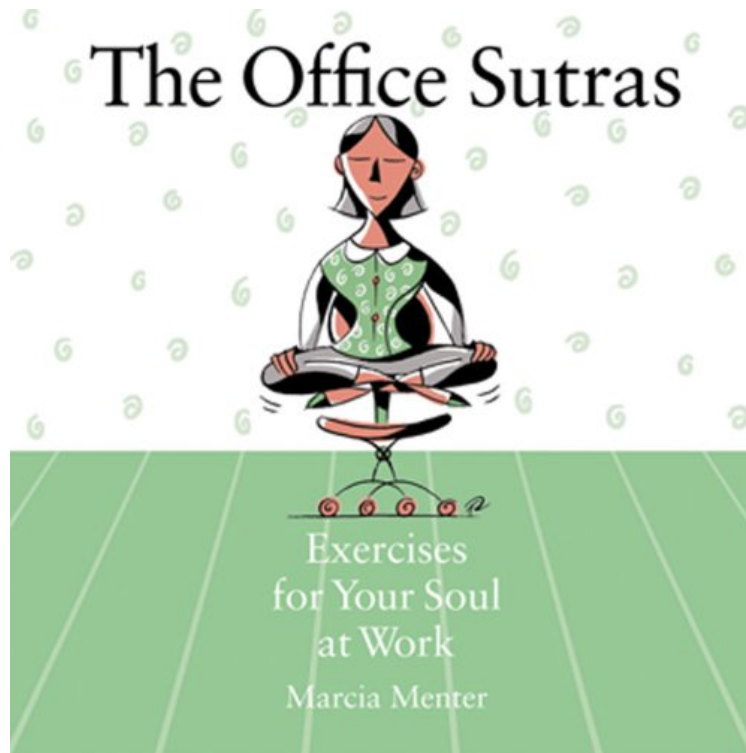


## Office Sutras: Exercises for Your Soul at Work

*Marcia Menter*

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**Marcia Menter : Office Sutras: Exercises for Your Soul at Work** before purchasing it in order to gage whether or not it would be worth my time, and all praised Office Sutras: Exercises for Your Soul at Work:

4 of 4 people found the following review helpful. Outstanding Self Help GuideBy Samsung FanI have read a myriad of self help books in my time and they have all contained useful tips and information, but Marcia Menter's Office Sutras stands out amongst the crowd. Marcia Menter covers all of the aspects of one's work and offers practical, helpful advice on how to make the most of one's work experience even in situations where it seems difficult to have a positive perspective. One leaves this book feeling renewed and invigorated - ready to approach work with new vitality and contentment. Menter speaks directly to the reader's soul in a clear, easy to read style with real life examples that everyone can identify with. The book is laced with humor that keeps it alive and vibrant throughout. I highly recommend this book to anyone who has to deal with the trials and tribulations of work, even those who have what would be considered an ideal work situation. Reading Menter's book is one of the most inspiring things I have done for myself in a long time.7 of 7 people found the following review helpful. How to Maintain Your Sanity, Sense of Humor Spirit At WorkBy Nancy McCarthyI loved this book. I recognized myself in so many of the situations Menter describes; I wish I had this book when I was living through them - maybe some of the outcomes would be different. There is a great deal of humor here and compassion, too. Menter describes typical stress provoking situations that occur every work day. Each chapter ends with practical exercises that you can do to help reduce your stress level when you find yourself in a situation or an alternate way to work through the situation. She sounds like a person who has lived what she is writing about so her advice has a very practical ring to it. It is a great book and a wonderful guide. If you like your advice served straight with a dash of spice, you will like this book.4 of 4 people found the following

review helpful. Very uplifting  
By Janice  
Great book. After a terrible day at work, I often grab this book and read the sections I have highlighted. One of those highlighted sections is in Chapter 1 and nicely sums up the book: "One basic premise of this book is that the things that drive your craziest at work can be doorways to growth and understanding if you approach them with an open mind and heart."

Is it possible to seek enlightenment--to feel alive and whole and useful and joyful--in an imperfect job? The Office Sutras can help transform any job--even one you hate--into an active part of spiritual practice. Work can be an arena that challenges you spiritually as well as professionally. With humor and wit, Marcia Menter helps readers recognize that the things that drive them craziest at work can be doorways to growth and understanding in their lives, if they are approached with an open mind and heart. Chapters like "The Slough of Suckiness," "Are They Paying Me Enough?," and "The Dream That Got Away," share practical techniques, exercises, and mantras for finding divinity in the resentments that can make anyone's job miserable. Each chapter includes inspiring Mantras for the Bad Days, such as "If God had wanted me to spend my whole life in my office, he would have given me a nicer office." Menter contends that the job you have right now, for all its imperfections, may be just the spiritual challenge you need to confront the most important issues of life--issues like self-worth and fulfillment and paying your way in the world. Office Sutras will help readers find opportunities for growth and peace in even the most stultifying of work situations.

From Publishers Weekly "The basic premise of this book is that we're on a spiritual journey every second of our lives, not just during those times we set aside to contemplate the cosmos," writes Menter, a magazine editor. In this small, conversational book, she maintains that work IS a spiritual practice, despite--or actually because of --its annoyances, occasional absurdities and frustrations. Such daily trials can lead to spiritual growth, Menter affirms. The book, which seems primarily directed to professional women, is funny and practical as it argues for an integration of the spiritual life with the realities of the nine-to-five grind. Menter tackles such tough issues as money, procrastination, bosses from hell, boredom, getting fired or laid off, and screwing up. (That chapter is particularly refreshing, as Menter gives readers permission to "screw up royally" and check their perfectionism at the office door.) Throughout, she explores the Buddhist idea that spirituality is about awareness and mindfulness of the present moment. "A spiritual path," Menter summarizes, "is not about getting there. It's about being here." Copyright 2003 Reed Business Information, Inc. About the Author Marcia Menter has been Senior Editor and writer at Glamour, Mademoiselle, Redbook, and Self. She is also a poet and her work has appeared in literary magazines. Menter and her husband live in New York with their two large cats. This is her first book.