



The Office Sutras: Exercises for Your Soul at Work

Marcia Menter

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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.

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