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Busca en tu interior - TAN, CHADE MENG -5% en libros | FNAC

Dicho curso, llamado -Busca en tu interior-, se imparte en Google desde el ano 2007. Muchas de las personas que han participado en el aseguran que les ha cambiado la vida, tanto en el plano personal como en el profesional. Ahora, Chade-Meng Tan lo ha plasmado en este libro con la intencion de -poner a disposicion de la humanidad los beneficios de la meditacion y difundirlos como uno de los ...

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Ahora, Chade-Meng Tan lo ha plasmado en este libro con la intenci ó n de « poner a disposici ó n de la humanidad los beneficios de la meditaci ó n y difundirlos como uno de los regalos de Google para el mundo ». Busca en tu interior es una obra amena que nos ofrece las herramientas necesarias para ser m á s productivos y creativos y nos ense ñ a a alimentar nuestra felicidad interior. Como dice el ...

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Busca en tu interior - TAN, CHADE MENG -5% en libros | FNAC

A long-awaited follow-up to the New York Times bestselling Search Inside Yourself shows us how to cultivate joy within the context of our fast-paced lives and explains why it is critical to creativity, innovation, confidence, and ultimately success in every arena. In Joy on Demand, Chade-Meng Tan shows that you don ’ t need to meditate for hours, days, months or years to achieve lasting joy—you can actually get consistent access to it in as little as fifteen seconds. Explaining joy and meditation as complementary things that naturally reinforce each other, Meng explains how these two skills form a virtuous cycle, and once put into motion, become a solid practice that can be sustained in daily life. For many years, meditation has been taught and practiced in cultures where almost all meditators practice full-time for years, resulting in training programs optimized for practitioners with lots of free time and not much else to do but develop profound mastery over the mind. Seeing a disconnect between the traditional practice and the modern world, the bestselling author and Google ’ s “ Jolly Good Fellow ” has developed a program, through “ wise laziness, ” to help readers meditate more efficiently and effectively. Meng shares the three pillars of joy (inner peace, insight, and happiness), why joy is the secret is to success, and demonstrates the practical tools anyone can use to cultivate it on demand.

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With Search Inside Yourself, Chade-Meng Tan, one of Google ’ s earliest engineers and personal growth pioneer, offers a proven method for enhancing mindfulness and emotional intelligence in life and work. Meng ’ s job is to teach Google ’ s best and brightest how to apply mindfulness techniques in the office and beyond; now, readers everywhere can get insider access to one of the most sought after classes in the country, a course in health, happiness and creativity that is improving the livelihood and productivity of those responsible for one of the most successful businesses in the world. With forewords by Daniel Goleman, author of the international bestseller Emotional Intelligence, and Jon Kabat-Zinn, renowned mindfulness expert and author of Coming To Our Senses, Meng ’ s Search Inside Yourself is an invaluable guide to achieving your own best potential.

For the benefits of meditation to become widely accessible to humanity, it cannot just be the domain of bald people in funny robes living in mountains, or small groups of New Age folks in San Francisco. Meditation needs to become "real." It needs to align with the lives and interests of real people. —from Search Inside Yourself 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."

Many facets of social life are now intrinsically linked to the Internet through increasing dependence of user-centric platforms like blogs, social-networking websites, online forums, and open source websites. The Malaysian Church is not exempt from having to negotiate with an increasingly tech-savvy and networked community of believers. Based primarily on Internet ethnography and interviews with Christian bloggers and church pastors, this book looks at how the Internet is a component of “ everyday religion ” in the lives of Malaysian Christians at individual, institutional, and national levels. It examines the ways in which online Christian expressions are increasingly integrated into the everyday religious routines of Christians for the development of their personal identities and inter-religious interactions. This book also shows how the spiritual authority of church pastors can be both challenged and reinforced through the creative use of online tools. It addresses some of the creative ways in which Christians utilise the Internet to engage with national socio-political issues within the context of restrictive and controlled mainstream media, as well as the ongoing discourse with Islam in the country. Through a selection of case studies, this book shows that while the Internet may be “ free ”, the users of the Internet are not necessarily so. While the Internet has provided Malaysian Christians with new tools to experience their faith in new ways, several aspects of “ old ” offline socio-cultural habits persist online. These, in turn, lead to a robust and growing environment of Internet Christianity in Malaysia. This timely book will be of interest to scholars in religious studies, media and communications, and cultural studies in Southeast Asia.

La tan esperada continuaci ó n al best seller del New York Times Busca en tu interior, nos ense ñ a c ó mo cultivar el gozo dentro del contexto de nuestras vidas agitadas y nos explica por qu é clave para nuestra creatividad, innovaci ó n, seguridad y en ú ltima instancia, el é xito en todos los aspectos. En este libro, Chade-Meng Tan nos muestra que no necesitamos meditar durante d í as, meses o a ñ os para lograr un gozo permanente. De hecho, podemos lograr un acceso constante, en tan solo quince segundos. Explicando el gozo y la meditaci ó n como cosas complementarias, que se refuerzan mutuamente de forma natural, Meng explica c ó mo estas dos habilidades forman entre s í un c í rculo vicioso, y una vez puestas en marcha se convierten en una pr á ctica s ó lida que podemos mantener en nuestra vida cotidiana. Durante muchos a ñ os, se ha ense ñ ado y practicado la meditaci ó n en culturas donde casi todos los meditadores la practican a tiempo completo durante a ñ os, lo cual resulta en programas de entrenamiento perfeccionados para los que practican la meditaci ó n con una gran cantidad de tiempo libre y sin mucho m á s que hacer que desarrollar un profundo dominio sobre la mente. Viendo una desconexi ó n entre la pr á ctica tradicional y el mundo moderno, el autor best seller ha desarrollado un programa por medio de una « pereza sabia » con el fin de ayudar a los lectores a meditar con mayor eficiencia y eficacia. Meng nos comparte acerca de los tres pilares del gozo (la paz interior, la compresi ó n y la felicidad); dice por qu é el gozo es el secreto del é xito, y presenta las herramientas pr á cticas que todos podemos usar para cultivarlo. A long-awaited follow-up to the New York Times bestselling Search Inside Yourself shows us how to cultivate joy within the context of our fast-paced lives and explains why it is critical to creativity, innovation, confidence, and ultimately success in every arena. In Joy on Demand, Chade-Meng Tan shows that you don ’ t need to meditate for hours, days, months or years to achieve lasting joy—you can actually get consistent access to it in as little as fifteen seconds. Explaining joy and meditation as complementary things that naturally reinforce each other, Meng explains how these two skills form a virtuous cycle, and once put into motion, become a solid practice that can be sustained in daily life. For many years, meditation has been taught and practiced in cultures where almost all meditators practice full-time for years, resulting in training programs optimized for practitioners with lots of free time and not much else to do but develop profound mastery over the mind. Seeing a disconnect between the traditional practice and the modern world, the bestselling author and Google ’ s “ Jolly Good Fellow ” has developed a program, through “ wise laziness, ” to help readers meditate more efficiently and effectively. Meng shares the three pillars of joy (inner peace, insight, and happiness), why joy is the secret is to success, and demonstrates the practical tools anyone can use to cultivate it on demand.

Lojong is the Tibetan Buddhist practice that involves working with short phrases (called "slogans") as a way of generating bodhichitta, the heart and mind of enlightened compassion. Though the practice is more than a millennium old, it has become popular in the West only in the last twenty years or so—and it has become very popular indeed, because it’s a practice that one can fit very well into an ordinary life, and because it works. Through the influence of Pema Ch ó dr ó n, who was one of the first American Buddhist teachers to teach it extensively, the practice has moved out of its Buddhist context to affect the lives of non-Buddhists too. It’s in this spirit that Norman Fischer offers his commentary on the lojong slogans. He applies Zen wisdom to them, showing how well they fit in that related tradition, but he also sets the slogans in the context of resonant practices throughout the spiritual traditions. He shows lojong to be a wonderful method for everyone, including those who aren’t otherwise interested in Buddhism, who don’t have the time or inclination to meditate, or who’d just like to morph into the kind of person who’s focused rather than scattered, generous rather than stingy, and kind rather than thoughtless.

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