



The Good Work Book: How to enjoy your job & make it spiritually fulfilling

Suzie St George, Fiona McDougall

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Totally stressed out at work? Your job is boring, but you don't know how to change it? Want a job that makes your heart sing or one that makes a difference?

In a fascinating new approach to C21st work challenges, The Good Work Book shows readers how to transform their experience of unsatisfying jobs through over 40 brain reprogramming techniques that replace chronic stress, anxiety and frustration with calm, confident and effective responses. Written by two personal development educators, the book also explores the central principles that create Good Work: work that not only provides an income, but also supports a desire to contribute to a better world through utilizing the gifts of one's true spiritual nature.

A 10-day experiential course to restore inner peace, vitality and the incomparable power of spiritual attunement is included for those who wish to apply the information to their everyday work.

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