

Mp3 Christopher R. Edgar - Career Satisfaction From Within Audio Course

[DOWNLOAD HERE](#)

This audio course helps listeners find satisfaction and productivity in their careers from a spiritual perspective. 23 MP3 Songs in this album (182:17) ! Related styles: SPOKEN WORD: Audiobook, SPOKEN WORD: Educational People who are interested in Eckhart Tolle should consider this download.

Details: This program, which is a companion to my book, Career Satisfaction From Within, contains nearly three hours of audio devoted to helping you find direction and fulfillment in your career, from a spiritual perspective. This Program Is For Anyone Who . . .

- * Feels like they aren't following their true calling in their present career, but can't seem to nail down what they want;
- * Knows the career path they want to take, but feels limited by fear and inertia and can't seem to take the next step;
- * Wants to stay in their current career, but rekindle the passion they used to have for it;
- * Finds themselves frequently procrastinating or getting bored with what they do and wanting to leave work as quickly as possible;
- * Is plagued by a constant fear that things will go wrong in their career that limits their enjoyment of their work;
- * Has tried all the business and career tips and tricks out there, but is nagged by a feeling that something deeper needs to be addressed to help them find the fulfillment they want; or
- * Just wants to be happier and more inspired in their work, no matter what they do.

The Importance Of Wholeness: My Unique Perspective The main idea of this program is that the best starting place for finding career satisfaction is to develop a deep-seated sense of wholeness—a feeling that, no matter what happens in your career, you are a complete, worthwhile and valuable person. When you have this conviction, the anxieties that once prevented you from focusing and enjoying yourself in your work, or pursuing the career path you're interested in, tend to fade away. Many of us closely identify with our careers, treating our jobs almost like they were parts of our bodies that we can't survive without. Though our culture encourages this kind of identification, it ultimately leads to suffering. When we feel like our careers are part of who we are, rather than just activities we do, we're gripped by a constant fear of loss and failure. We end up losing sleep worrying about our performance, second-guessing the work we do, and distrusting our colleagues. When our identities are tied to our careers, the idea of taking a risk by starting a business or pursuing a career

change seems too frightening to contemplate. When we recognize that we're whole and worthwhile beings regardless of our career circumstances, we actually become more productive and fulfilled in what we do. As the fear of loss is no longer looming over us, we actually become able to enjoy our work. We start getting more done, because we're no longer paralyzed by the possibility of our superiors or customers' disapproval. We become easier to be around, as our minds aren't constantly preoccupied with what might go wrong in our jobs. Finally, we become more able to tolerate the risks that come with entrepreneurship and career transition.

Features Of The Audio Course Unlike most audio books, the program isn't just me reading from my written work. All of the audio is original and unique to the program. I lead the reader through the guided meditations outlined in my book, and provide an entirely new chapter with exercises on drilling down to determine your ideal career, improving concentration and quieting distracting thoughts. The program is organized into five chapters. Each chapter contains a series of exercises, involving meditation, visualization, conscious breathing and other techniques, to help you realize your essential nature as a complete and worthwhile being, and thus find the peace and productivity you've been seeking in your career.

[DOWNLOAD HERE](#)

Similar manuals: