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Titolo	White collar Zen [[electronic resource]] : using Zen principles to overcome obstacles and achieve your career goals / / Steven Heine
Pubbl/distr/stampa	Oxford ; ; New York, N.Y., : Oxford University Press, 2005
ISBN	0-19-518432-7 1-280-83840-X 0-19-803626-4 1-4294-3827-4
Descrizione fisica	1 online resource (209 p.)
Disciplina	650.1
Soggetti	Management - Religious aspects - Buddhism Leadership - Religious aspects - Buddhism Business - Religious aspects - Buddhism Interpersonal relations - Religious aspects - Buddhism Organizational behavior - Religious aspects - Buddhism
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Game plan -- Mountains are mountains: roots of everyday stress -- Introduction: applying Zen -- Zen and professional leadership -- The power of Zen -- Mountains are not mountains: transforming conflict into opportunity -- Everybody must get foxed -- The greater the doubt, the greater the enlightenment -- Seeing the forest, but not missing the trees -- Mountains are mountains, again: from structure to anti-structure -- Returning to the marketplace -- All's well that ends well -- Coming from nowhere to somewhere -- Glossary -- Appendix: Koan translation ("Te-shan carrying his bundle").
Sommario/riassunto	It is said that in traditional Japan the samurai embraced Zen because it helped them to be fearless in adversity, to act quickly and decisively, and to keep focused on their ultimate goal. In White Collar Zen, Steven Heine shows how, by applying Zen principles in our working lives, we can achieve the same results for ourselves. Heine describes the way Zen embraces two different yet harmonious paths. The Way of the Hermit teaches detachment--the mental clarity you need to view your

situation dispassionately and impartially, to perceive who is an ally and
who is a competitor, to understand wha
