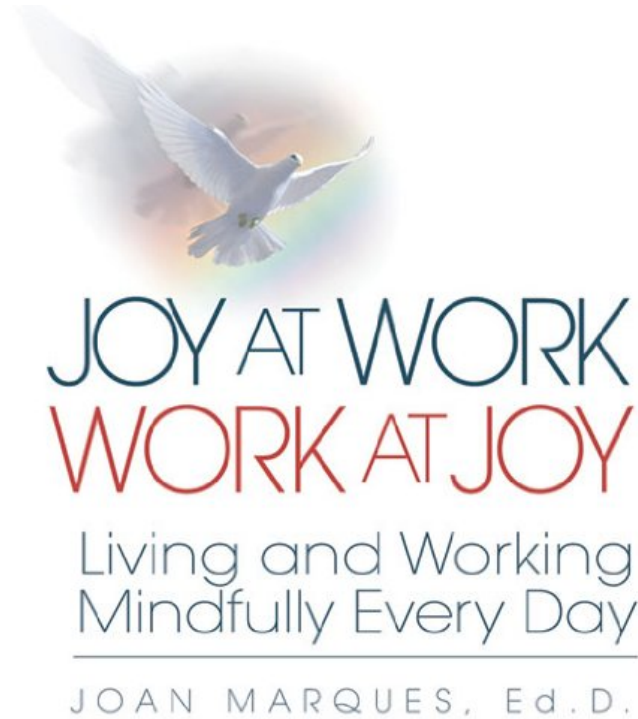


Joy at Work Work at Joy: Living and Working Mindfully Every Day

Joan Marques

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Joan Marques : Joy at Work Work at Joy: Living and Working Mindfully Every Day before purchasing it in order to gauge whether or not it would be worth my time, and all praised Joy at Work Work at Joy: Living and Working Mindfully Every Day:

0 of 0 people found the following review helpful. "Joy at Work Work at Joy" is a must have bookBy Suzi GAlthough the author says that this book should not be read all at once in one breath, it is really hard not to. The quotes and the points behind them make so much sense, I can relate to almost all of them.This book is a truly a gift and everyone should have a copy on their shelves.I think this book is a success since it truly inspires and motivates and makes you be a better person, isn't that everyone's goal in life?Thank you Dr.Joan Marques for giving us this wonderful gift.Joy at Work Work at Joy: Living and Working Mindfully Every Day0 of 0 people found the following review helpful. Extremely delightfulBy Spiritual WandererI use this book by Joan Marques as my daily source of inspiration. I have found that it makes me calmer in my interactions with others, as I realize that we often stress because we cannot foresee the future. I just love the way everyday is structured, and the quotes, as well as the action plan, followed by the point to ponder, are right on the mark. I am getting really attached to this book.1 of 1 people found the following review helpful. Joy at Work, Made EasyBy Story Circle Book ReviewsWorking can be a drag sometimes, even when we are working in a job that we love. Problems come up in the best of work environments. Whether we work for others or start and grow our own business, we face continual challenges. Family caregivers, as well as work-at-home parents and grandparents, also are often are on overload. Being in transition and out of work with little or no source of

income, with too much time and too little to do is even more frustrating. So what's the solution? How can we achieve peace of mind, never mind happiness, in today's every-changing, chaotic work world? Joan Marques, Ed.D. has come up with a simple tool to help us focus and achieve a sense of equilibrium, and even joy, on a daily basis, no matter what work or lack-of-work situation we find ourselves in. Marques's tool is a 400-page daily calendar book. Since most of us change careers three to seven times and change jobs 10 to 12 times during our income-producing years, we can benefit from using this tool. The concept of a daily calendar of positive quotes is not new. What is unique about *Joy at Work, Work at Joy: Living and Working Mindfully Every Day* is that the focus is JOY. Every page in this book of joy is devoted to a day of the year. Each page is divided into the following three sections: a thought-provoking "Guiding Quote," that gives us something to reflect upon; a practical and positive "Action," that can help us focus; a "Point to Ponder," (usually in a short story format), in which the author builds upon the theme of the quote. When the author of this article received the galley copy of the joy calendar book, the first thing she did was to look at the current day's words of wisdom: "Who has confidence in himself will gain the confidence of others" --Leis Lazarow. These words were just what she needed to hear that day. For those who come into contact with the daily reader of *Joy at Work, Work at Joy*, look out! Dr. Joan Marques' pragmatic approach to this 365-day program, to bring positive thoughts and actions into our lives, can dramatically change how we approach each day and can turn our workplace into a more joyful and productive space, not only for us, but also for those around us. Joy is contagious. by Sally Gelardin for Story Circle Book Reviews reviewing books by, for, and about women

Inspiring employees of all levels, this guide helps lay a foundation for creating a positive, uplifting attitude towards each work day by making mindful choices to be kind and supportive especially in collaborative situations. This empowering reference promotes acceptance, togetherness, interconnectedness, and mutuality as means to a happy, positive day. Each day of the year is allotted one page, providing a daily guiding thought, an action to try to accomplish, and an idea to ponder, sometimes in the form of a short story. These practical, daily steps help turn a workplace into a more joyful, gratifying, and productive space.

"Pure joy for the reflective mind. Full of truths that keep you on the path of evolution." —Richard Barrett, author, *Building a Values-Driven Organization*