



St. Benedict's Guide to Improving Your Work Life: Workplace as Worthspace

Michael Rock

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St. Benedict's Guide to Improving the Workplace has its origins in a seven-year study of the problem of workplace disengagement in light of contemporary understandings of emotional intelligence and spirituality. With the wisdom of The Rule of St. Benedict, Michael Rock shows us how to transform a lifeless and mundane job into a meaningful vocation. This small book gathers insights Rock's teaching, counselling experiences and personal life journey.

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