



# White Collar Zen: Using Zen Principles to Overcome Obstacles and Achieve Your Career Goals

*Steven Heine*

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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 what is possible and what is not. The Way of the Warrior teaches the ability to act without hesitation at the proper moment. Together, they can prepare you to meet the challenges of the modern professional world. Heine offers a step-by-step approach to attaining these skills and applying them in daily life. Using real-world examples interwoven with sayings and stories from the Zen tradition, he shows how Zen can help in situations ranging from gaining a deserved promotion to overcoming obstacles that arise from a breakdown in teamwork. He makes it clear that in Zen the path to personal success must be one that values integrity, respects every individual, emphasizes cooperation, and serves the goals of the larger group. Replete with practical advice, *White Collar Zen* will appeal to many of the same readers who have made *The Art of War* and *The Book of Five Rings* so successful. It will certainly fascinate anyone interested in applying Zen principles to achieving professional excellence.

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