



Ignite Calm: Bliss at Work

Debra J Snyder PhD

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In Ignite CALM: Bliss at Work, Dr. Debra Snyder brings forth holistic techniques and lessons to help readers transform their professional lives for the better. This book takes the steps of embracing conscious business qualities, teaching how to bring your best self to work each and every day and discover true happiness while on the job, no matter what the job. Most of us need to work for a living. Although it is a tantalizing thought to retire at age fifty to run a small bistro in a quaint town for the rest of our lives, the fact is, most of us will find ourselves working in small businesses, large corporations, civil service, busy stores, and high production manufacturing environments. There is nothing wrong with a life filled with good, steady work. However, challenges often arise when making a living takes priority over creating a loving, meaningful life. This book will help you find your bliss.

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