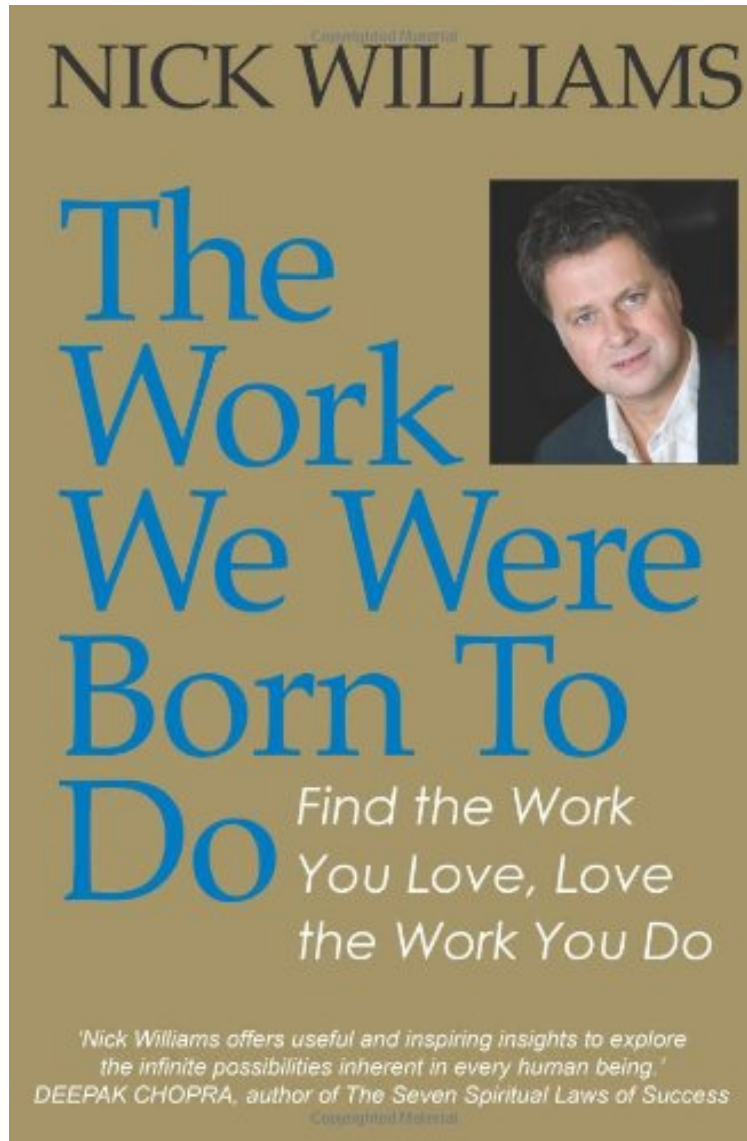


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The Work We Were Born To Do: Find the Work You Love, Love the Work You Do

Nick Williams

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Nick Williams : The Work We Were Born To Do: Find the Work You Love, Love the Work You Do before purchasing it in order to gage whether or not it would be worth my time, and all praised The Work We Were Born To Do: Find the Work You Love, Love the Work You Do:

2 of 3 people found the following review helpful. Very goodBy I.T. de KockThis is one of the most beautiful books

that I have read in this genre, it has given me a lot of insight into how spirituality and work come together. If feel completely inspired and can recommend it to anybody that wants to expand their work life.0 of 0 people found the following review helpful. Nuggets amid the waffleBy DenzilThere are a lot of useful nuggets in this book that are inspiring, challenging and practical. He starts off in the opening chapter: Defining the work we were born to do with some very astute observations about how being repressed in our jobs can lead to depression, and how its important to unleash our creativity.I particularly appreciated the chapter on Knowing that money is never really the issue, and his observations that fear of not having enough money can stifle our creativity and energy.Unfortunately, I find Mr. Williams style extremely wordy and repetitive. In a 400-page book I think he could easily have condensed his key messages into a much more accessible 150 pages.So what does he fill the other 350 pages up with? Apart from repetition and endless exercises (does anyone do the exercises in self-help books?) there is a lot of what I can only describe as psycho-babble vague New Ageism, Buddhism combined with ancient Christian philosophy and incomprehensible poetry.Its a shame, because as I said at the start, hidden away are some great bits of advice.

Whether you are looking to change work, get re-inspired or are simply seeking direction, this text offers a chance to explore how to bring more creativity, integrity, fulfilment and fun into your work. Introduction -- the twelve principles of the work we were born to do; defining the work we were born to do; undoing our conditioning; discovering the spirit of our work; awakening the heart at work; knowing that money is never really the issue; working on purpose; integrity, authenticity and the return to wholeness; contribution and the discovery of meaningful work; welcoming transformation and change; the inspiration to create; abundance and inner riches; experiencing the true meaning of success; in conclusion.

About the AuthorNick Williams is the founder of the Heart at Work project. He ended a successful but unfulfilling conventional sales career to discover what he would really love to do with his life. He is now an internationally-established workshop presenter, works as a consultant and trainer for businesses and is an expert in personal coaching. He works with individuals seeking career inspiration and inspires people to create work that is an expression of their best, their heart and spirit.