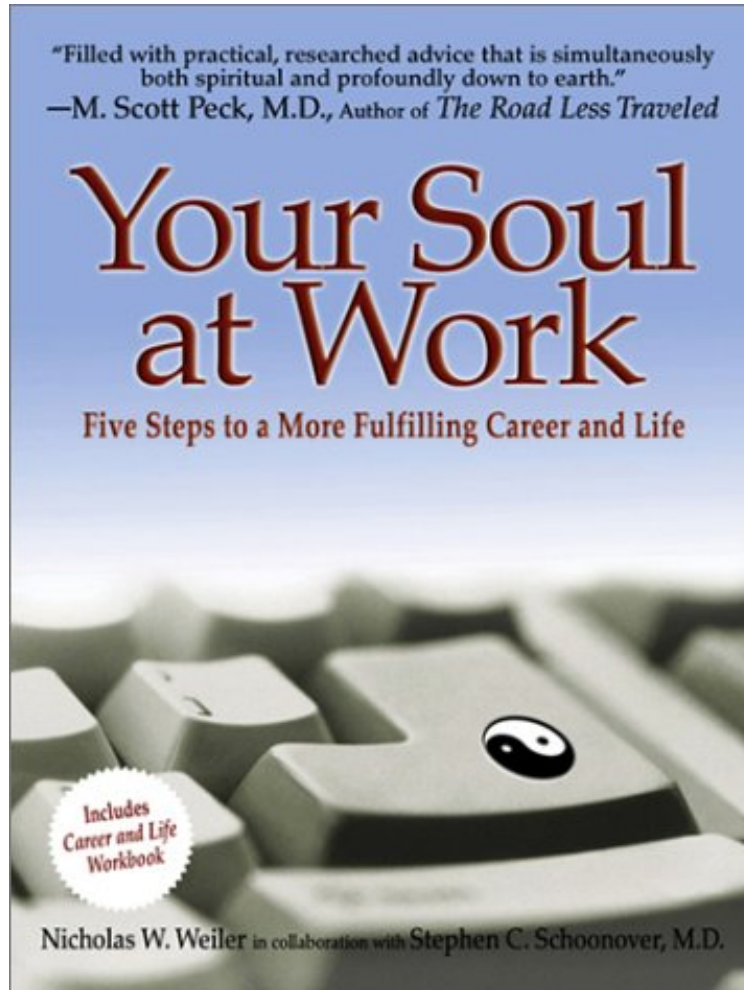


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Your Soul at Work: Five Steps to a More Fulfilling Career and Life

Nicholas W Weiler, Stephen C Schoonover

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Many in the workforce are experiencing a nagging, difficult-to-pinpoint frustration—a growing sense of being too driven, with little or no time for family, important relationships or other personal values. They long for a greater sense of fulfillment and spiritual growth in what they are doing. *Your Soul at Work* addresses these concerns in two ways: It uses universally agreed concepts of spirituality as a framework and places the process of career planning into this larger viewpoint. It goes on to present a number of very practical, workshop-proven tools and techniques, including a detailed Career and Life Workbook. Nicholas Weiler and Stephen Schoonover, two seasoned career experts, present a strategy that has been fine-tuned and used very successfully for many years in a broad spectrum of career specialties across the world, including such Fortune 500 companies as IBM, ATT, Hewlett-Packard, Lockheed Martin, General Electric, Citibank, Xerox, Sun Microsystems, Sprint, Eastman Kodak, Apple and Pfizer.

From Publishers Weekly Unlike most "how-to" career guides featuring a combination of exercises and anecdotes, *Your Soul at Work: Five Steps to a More Fulfilling Career and Life* offers a more meditative approach to finding and maintaining a vocation that brings long-term fulfillment in today's unstable business climate. While authors Nicholas W. Weiler with Stephen C. Schoonover, M.D. (who have counseled numerous Fortune 500 companies), demand lots of thought and energy from readers, their spiritual approach to the practical demands of work may provide a lasting payoff. Copyright 2001 Cahners Business Information, Inc. "Filled with practical, researched advice that is simultaneously both spiritual and profoundly down to earth." -- M. Scott Peck, author of *The Road Less Traveled*

About the Author Nicholas Weiler, after a long human resources career with General Electric, is now an independent consultant. In the 1990s he designed a new worldwide Leadership Development Program that GE has introduced in the United States, Europe, Asia, Mexico and South America. He is the author of the Macmillan Executive Book-of-the-Month selection *Reality and Career Planning*. He holds a B.A. from Fordham University and an M.A. in psychology from Washington University. He resides with his family in Fairfield County, Connecticut.

Stephen Schoonover, M.D., left a faculty position at Harvard Medical School to head his own consulting firm. His corporate clients include a number of Fortune 500 companies. He is the author of *Changing Ways*, on managing organizational change, and *Managing to Relate*, which looks at interpersonal skills at work. He is a graduate of Harvard College and the Harvard Medical School, with board certification in psychiatry and neurology. He lives on Cape Cod, Massachusetts.