



# Mindful Co-Working: Be Confident, Happy and Productive in Your Working Relationships

*Clark Bain*

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# Mindful Co-Working: Be Confident, Happy and Productive in Your Working Relationships

*Clark Baim*

**Mindful Co-Working: Be Confident, Happy and Productive in Your Working Relationships** Clark Baim

Transform and enhance your working relationships through mindful co-working.

Are you making the most of your co-working relationships?

Most of us work with others and spend as much time with colleagues as we do with our families - so it's important our working relationships run smoothly. By helping workers become more attuned to their colleagues, mindful co-working removes the pressure and stress of competition from working relationships to make them both more enjoyable and more effective. Author Clark Baim shares the secrets he has learned with co-workers and co-trainers during more than 2,000 training workshops. He also includes practical exercises and useful tools to help you perfect the art, whatever field you work in.

This indispensable guide to co-working is required reading for anyone who wants to work confidently with colleagues - and enjoy it!

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