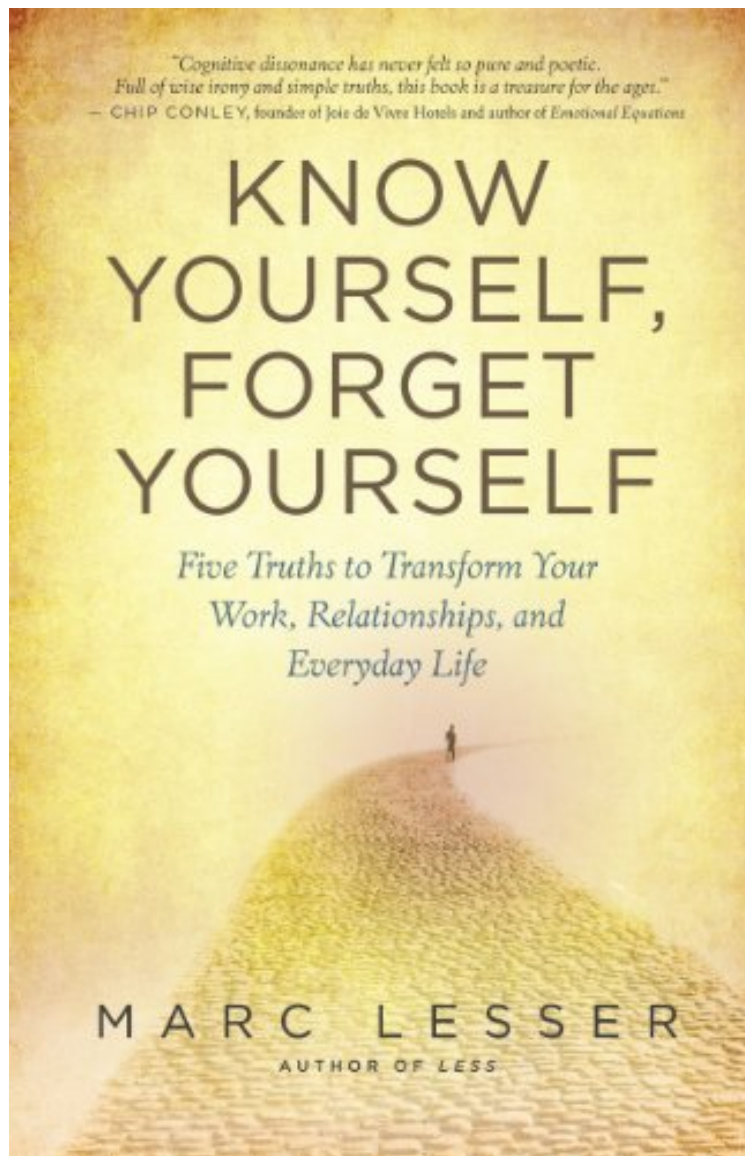


[Download] Know Yourself, Forget Yourself: Five Truths to Transform Your Work, Relationships, and Everyday Life

## Know Yourself, Forget Yourself: Five Truths to Transform Your Work, Relationships, and Everyday Life

*Marc Lesser*

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**Marc Lesser : Know Yourself, Forget Yourself: Five Truths to Transform Your Work, Relationships, and Everyday Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised Know Yourself, Forget Yourself: Five Truths to Transform Your Work, Relationships, and Everyday Life:

0 of 0 people found the following review helpful. Beating the Stress Game!By BREAD\_LOVERA practical guide to

interweaving the wisdom of Zen into our harried lives. Marc is a practical person who has made Zen work for himself and others. 0 of 0 people found the following review helpful. ParadoxBy Jordan BrooksTo find pleasure in paradox and life's mysteries seems silly especially when we are always trying to solve them. This book suggests to accept them is to solve them. Try it. 1 of 1 people found the following review helpful. Embrace the contradictions! Great book!By CustomerMarc Lesser's "Know Yourself, Forget Yourself" is a wonderful book full of insight and explores the paradoxes of our lives. His skillful use of stories add texture to his own experience and those of others. This book provides a path for all of us to embrace every situation to transform our lives. Brilliant and engaging!!

Our brains seek order and resist the unexpected, inconsistent, and counterintuitive. But life is more often paradoxical than predictable; which is why formulas for fulfillment and success often fail. Instead of fighting the tide of contradiction and confusion, Marc Lesser asserts, we can learn to understand and even embrace them using the simple tools he presents in these pages. Readers learn to master five core competencies: Know Yourself, Forget Yourself; Be Confident, Question Everything; Fight for Change, Accept What Is; Embrace Emotion, Embody Equanimity; and Benefit Others, Benefit Yourself. The result is balance, a version of Buddhism's "middle way," which prompts understanding of what is required in any given moment and actions through which we skillfully "dance" with paradox in enriching and joyful ways. Bolstered by the latest in neuroscience, this guide is nuanced and direct, profound and practical.

"Zen monk Lesser makes a case for embracing paradoxes to succeed in every arena in life....This compassionate and sage tome...is likely to help many make life-enhancing changes."— Publishers Weekly  
"Cognitive dissonance has never felt so pure and poetic. Full of wise irony and simple truths, this book is a treasure for the ages."— Chip Conley, founder of Joie de Vivre Hotels and author of Emotional Equations  
"An illuminating and insightful book."— Sharon Salzberg, author of Real Happiness  
"Marc Lesser shows us a path through the contradictions within us....A wonderful and profound book."— Van Jones, president of Rebuild the Dream  
"After a lifetime of Zen study, Marc Lesser has distilled the life lessons of Buddhist practice into sane, eminently useful, result-oriented procedures that will cut through confusion, anxiety, and self-defeating behaviors....I can't recommend this book highly enough."— Peter Coyote (Hosho Jishi), actor, writer, and Zen priest  
"In our work together at Google, I have seen firsthand Marc's extraordinary melding of Zen teacher and business leader, a combination that some people might consider a contradiction. Now in this extraordinary book, Marc shows us not only that contradictions are everywhere, but that embracing them can actually make us happier!"— Chade-Meng Tan, Google's Jolly Good Fellow and bestselling author of Search Inside Yourself  
"Know Yourself, Forget Yourself is a treasure trove of applied wisdom."— Joan Halifax, founding abbot of Upaya Zen Center  
"Marc Lesser's life experiences as a Zen student and priest, CEO, small business owner, consultant, and executive coach give him a unique perspective on how to enhance your life by increasing your gifts to everyone you engage with."— Ben Cohen, cofounder of Ben & Jerry's  
"Marc Lesser has given us a leadership bible that, if practiced, will tap into the power of our own inner awareness and gently nudge us to transform ourselves, our relationships at work and home, and in the process, our country and world. This book is a gem."— Congressman Tim Ryan, Thirteenth District in Ohio, author of A Mindful Nation