



The Yoga of Work: Strategies for Right Livelihood from the World's Wisdom Traditions

Rick Jarow

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Although millions of Americans consider themselves relatively prosperous, many are trapped in a poverty that crosses all boundaries of gender, race, age, and income. This poverty has nothing to do with money, teaches Rick Jarow - and everything to do with why you are here in the world. On *The Yoga of Work*, Dr. Jarow throws into focus a cultural irony that reaches into every office building and business in America: we have confused career with purpose, money with success, and where we work with where we belong. An authority on world religions and founder of the national anticareer workshops, Dr. Jarow asks the hard questions about work that we all need to answer: Am I afraid to quit my job? Is it my true calling, or just a way to pay the bills? Am I really seeking work, or is there something else missing from my life? Looking to eight other cultures, beginning with India where he spent many years living and studying, Dr. Jarow teaches a process for finding work that is an authentic personal expression and contribution to the world. With special meditations, he leads us outside our narrow cultural perspective to explore and learn teachings about work and spirit from Native America, China, Africa, and other regions of the world. By discarding limiting concepts of one culture over another, we open to the authentic work we are supposed to do and where we are supposed to do it. With this destination comes the inner freedom that is the true heart of right livelihood. The *Yoga of Work* is a welcome presentation from the one authority who really understands what is right - and what is wrong - about the way we seek the work we do in America today.

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