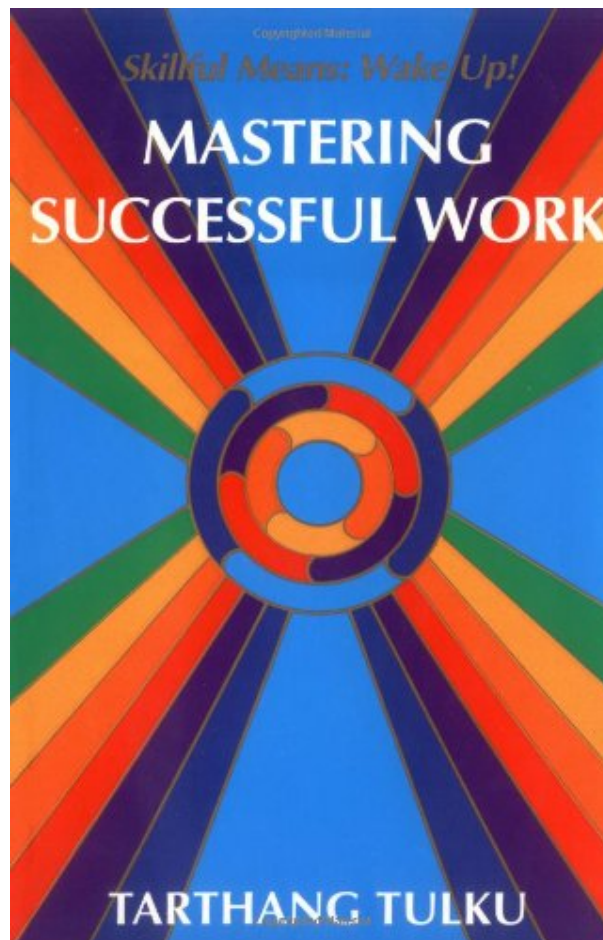
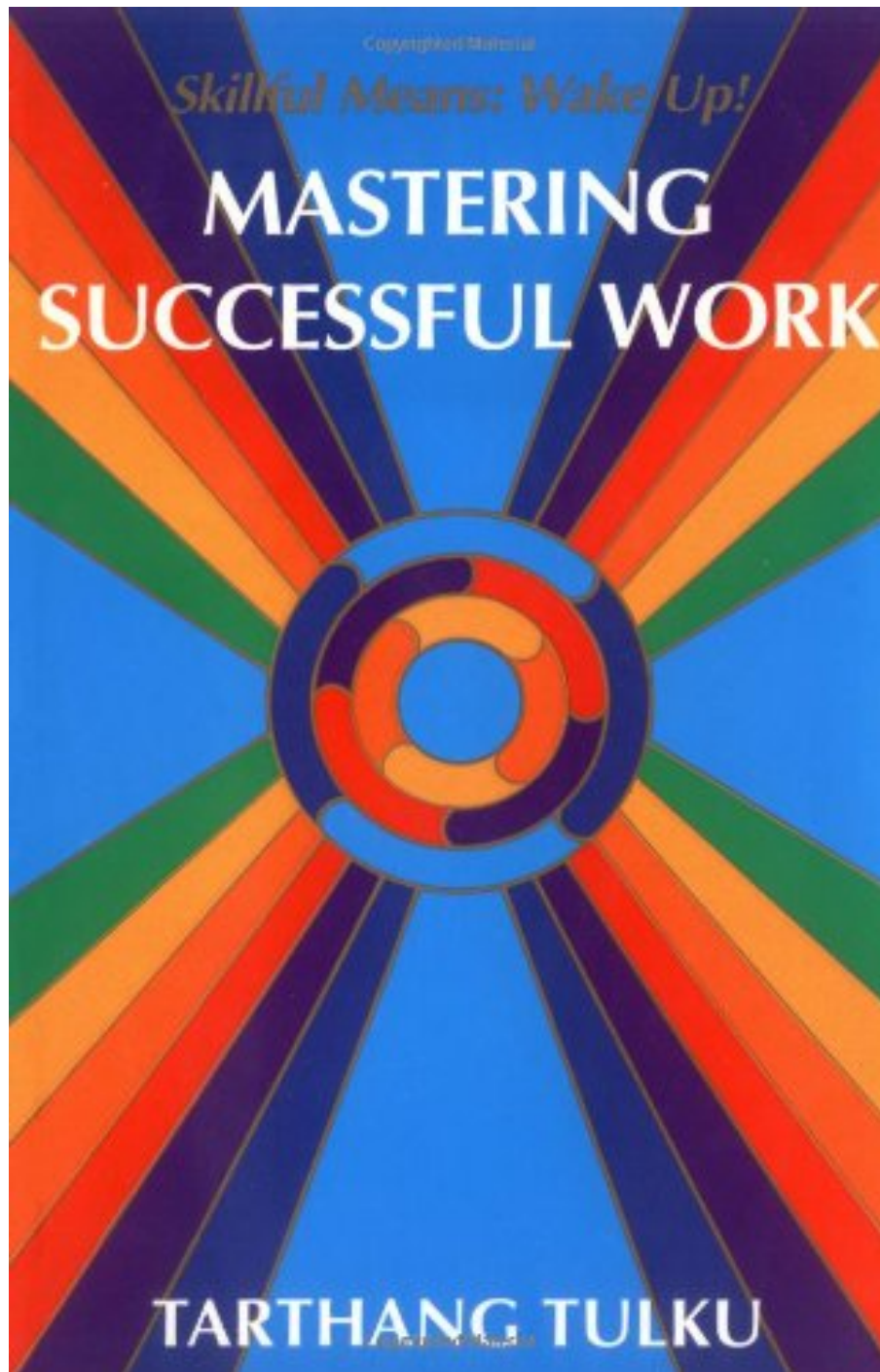


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About the Author

Tarthang Tulku is originally from Eastern Tibet. He received traditional training from the great masters of his time in the Nyingma school the oldest school of Tibetan Buddhism. He eventually completed the highest studies. Today he is recognized as one of the greatest living authorities on the Nyingma tradition.

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23 of 23 people found the following review helpful.

Buddhist advice for people in the real world

By Amazon Customer

"Mastering Successful Work" is one of the most practical, useful Buddhist books you will ever read. If you have ever wondered how to live as a Buddhist in the world (AND be successful in both your Buddhism and your job) then this is the book for you.

Tarthang Tulku is a buddhist teacher in the Nyingma lineage. Having said that, his real greatness is not in the exposition of complicated mystical Buddhist ideas but in his ability to relate Buddhist teachings to daily life. Tarthang Tulku writes for the person (Buddhist or not) who is trying to do good while also doing well. He gives practical advice towards achieving both goals.

He writes that the meditator may fool himself about his accomplishments, but the person who has a deadline or a payroll to meet cannot. So many Buddhist texts point us to the mountains and to the retreat, but Tarthang Tulku points us towards our own lives and sends us back here to find our place and seek our own way.

He does not, however, send us alone. He explains to us how we can make our work a meaningful part of our spiritual life, not an impediment to it. He explains these principles and ideas to us in 'layman's language,' not in technical Buddhist terminology. Then, he provides many examples and exercises to help us experience

and understand these ideas and principles.

This book is not a difficult read. It is simply and directly written. If you seek esoteric wisdom, go somewhere else. If you are looking for practical advice on finding the balance between your Buddhist practice and your daily life, this is the book for you.

There are many other books by Tarthang Tulku (available on Amazon.com.) Another excellent book on this topic by this author is "Skillful Means." I recommend you read it first, as this book builds on some of the ideas presented in "Skillful Means," although it is not presented as a pre-requisite to "Mastering Successful Work." Another interesting book in this vein (also on Amazon.com) is "The Diamond Cutter : The Buddha on Managing Your Business and Your Life" by Geshe Michael Roach. Roach's book is more on the business end, while Tarthang Tulku writes more about WORK, but it is an interesting read.

6 of 6 people found the following review helpful.

Daily life Buddhism

By Daniel Schut

For much of my daily work, I'm a trainer in communication skills and interpersonal effectiveness. But after so many years of talking about Leary's Rose, the Seven Habits of Highly Effective People and much NLP-related theories, I found myself yearning for something more....real.

And that's where Tarthang Tulku's work comes in. Mastering Successful Work is an amazing book because it teaches peoples the same type of skills that then above-mentioned theories would, but from a more principled perspective. The myriad of meditation exercises all share the same ethical core: first, that we, from second to second, can choose who we are, and second, that the fundamental truth of our existence is, as Buddhism teaches, interdependence - which makes empathy, practiced on a daily basis, the most important and necessary survival skill.

This is what differs Tulku's vision from NLP, for example. Because why would someone who did NLP want to perform a certain meditation exercise, change their behavioral patterns or use certain interaction patterns? Why, to get what THEY want, obviously - that's what NLP promises, that you can 'get the results YOU want'.

Tulku's version of Buddhism has none of this blatant egoism at its core but has the same lure of freedom: you can change, you can become a better person, you can be more effective and efficient and reach more happiness in daily life through all types of exercises. But only if you start from an ethical core and realize this ethical core in daily practice.

In short, an amazing book, but only if you choose to do the meditation exercises contained herein.

5 of 5 people found the following review helpful.

Fog Lifter

By llull

This book has taught me again and again how to overcome habitual tendencies at work and focus, in a kind manner, on the "awareness - concentration - energy" needed for successful completion of work projects and career goals. Through a deep understanding of mind training, it maps out highly practical ways of responding to incompleteness, drifting off, stress and lack of clarity surrounding the tasks at hand, guiding the reader toward strategies for mindful productivity. You've heard of "fog lifter" coffee; well, this book is the supreme fog lifter for working individuals of all makes and models -- anyone who struggles, even periodically, with distraction, procrastination and unconscious self-sabotage of the cycle of abundance. This book is truly a measureless gift to the West on the part of a profound yet humble (and indeed, prolific) Tibetan teacher who

has gained uncanny insight into the application of skillful means to the work arena.

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