

## Spirituality at Work: 10 Ways to Balance Your Life on the Job

Gregory F. Augustine Pierce



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Gregory F. A. Pierce makes a striking claim: The holy and the transcendent can be found in the midst of the hustle and bustle of daily work. Rather than being a "grind," our work can be "grist" for our spiritual mills. Indeed, the work we do has enormous spiritual significance. *Spirituality at Work* offers invaluable guidance for everyone who seeks to nourish their spiritual lives while on the job.

Pierce's ten disciplines of workplace spirituality include:

- finding sacred objects
- living with imperfection
- assuring quality
- giving thanks and congratulations
- building support and community
- dealing with others as you would have them deal with you
- deciding what is enough—and sticking to it
- balancing work, personal, family, church, and community responsibilities
- working to make "the system" work
- engaging in ongoing personal and professional development

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