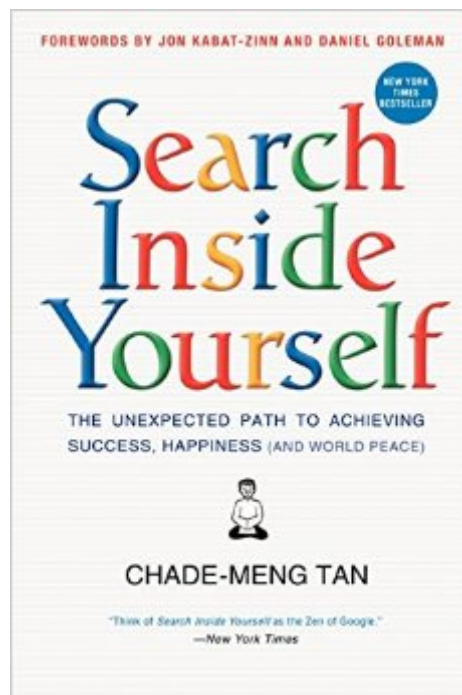


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# Search Inside Yourself: The Unexpected Path To Achieving Success, Happiness (and World Peace)



## Synopsis

With *Search Inside Yourself*, Chade-Meng Tan, one of Google's earliest engineers and personal growth pioneer, offers a proven method for enhancing mindfulness and emotional intelligence in life and work. Meng's job is to teach Google's best and brightest how to apply mindfulness techniques in the office and beyond; now, readers everywhere can get insider access to one of the most sought after classes in the country, a course in health, happiness and creativity that is improving the livelihood and productivity of those responsible for one of the most successful businesses in the world. With forewords by Daniel Goleman, author of the international bestseller *Emotional Intelligence*, and Jon Kabat-Zinn, renowned mindfulness expert and author of *Coming To Our Senses*, Meng's *Search Inside Yourself* is an invaluable guide to achieving your own best potential.

## Book Information

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## Customer Reviews

This is an interesting book and has valuable information for those who wonder why nothing seems to satisfy or fulfill themselves. While I don't think this is a complete guide to how to live a fulfilled life, I'm going to review what IS in this book and not what IS NOT here. The author, who has had a successful career as one of Google's early pioneering engineers, covers meditation and mindfulness as well as emotional intelligence. The combination of familiar information we all hear touted daily about meditation and philosophical attitudes that derive from Buddhism, with psychological techniques and knowledge of emotional intelligence is powerful stuff. The question is,

will every reader be able to implement these concepts? Possibly not--but if you find there are areas of, say, emotional intelligence that you cannot grasp or you cannot seem to master, it's a signpost for you. Perhaps someone, a professional counselor, pastor, teacher or other guide can give you tools to move you past the roadblock. The text is easy to read and well-illustrated with amusing cartoons and drawings. The book is engaging. Yes, there are many many of these "new-age" how to be happy books, but this one is so clearly written and so concise, I think it has a place on your bookshelf. The emotional intelligence section, in particular, is laid out as clearly as a roadmap. Self-awareness, self-regulation, motivation, empathy and social skills are the five pillars. In addition to getting you to a happier state, emotional intelligence can boost your work performance, and improve your relationships. The author chooses a most delightful example of someone who learns emotional intelligence: Ebenezer Scrooge! My fave, A Christmas Carol. Who doesn't love the story of the reformed curmudgeon, who goes from an insensitive, mean, unhappy man who begrudges even a handful of warming coals to his hapless clerk, to the joyfully generous uncle who dispenses his bounty only to find the more he gives, the happier he himself becomes. Great example, and the five steps of emotional intelligence are all there in Scrooge as he transforms himself in the Christmas miracle. If you are unfamiliar with the concepts of emotional intelligence and of mindfulness and being in the moment, this is an easy-to-read book that can entice you to delve deeper into the subject. And it may be a bit of an "aha!" moment...if I feel unhappy, I can change that inside my head. And if I spread meanness and bad thoughts and actions, happiness is going to elude me forever. Great book. Recommended!

This guy is absolutely hilarious! According to the forward in the book by one of the leading pioneers of mindfulness named Jon Kabat-Zinn, Meng carry's around a business card that says "The jolly good fellow of Google (which nobody can deny)." Meng designed a meditation system at Google; to make the practice more accessible to people, he calls it, "Search Inside Yourself" its designed to work on three things. 1. Attention training 2. Self-knowledge and self-mastery 3. Creating useful mental habits. This books is full of ways to incorporate mindfulness into your life, he explains in-depth how to manage harmful emotions with mindfulness. It also contains a great deal of science backing up all of his claims, not to mention the book contains personal testimonials from other Google employees, about how a mindfulness practice has influence their life. As he says in the book about creating useful mental habits, "Imagine whenever you meet anybody, your habitual, instinctive first thought is, I wish for this person to be happy. Having such habits changes everything at work, because this sincere goodwill is picked up unconsciously by others." This is one hundred

percent possible by incorporating a consistent mediate practice into your life similar to the one laid out in this book. America is ranked very low in the level of happiness on several recent polls and studies. This is something that bothers me, and I would generally like to see more people partaking in any type of available meditation practice or a practice that is similar to Search Inside Yourself even if they only incorporate five to ten minutes a day. I've been mediating for close to a decade, and I spend four hours a day doing it, because I think it's the most incredible tool for consistent states of happiness. Meng also explains how emotional intelligence is one of the best predictors of success and fulfillment in life. He outlines several mindfulness strategies in the book to work on your emotional intelligence. This book is a wonderful introduction to mindfulness, as well as a great book for advanced practitioners.

I was really looking forward to reading this book since it was written by a Google engineer and is a course taken by Google employees. I was not disappointed, it is a great book with some easy to do exercises anyone can do to improve their life. Chade-Meng Tan uses humor throughout the book to make the concepts taught fun to learn about. He also does a great job of stressing how easy it is to learn emotional intelligence and do meditation and it really made me want to try it out. Most of the book discusses meditation, both how to do it and the benefits from it. Along with meditation there are chapters about self-confidence, not letting your emotions control you, and the importance of empathy. Chade-Meng Tan states from the beginning that his goal in life is to help bring about world peace and this book is his way of bringing peace to the world one person at a time. His passion for the topics discussed shines throughout the book and he really gives you the motivation to give his ideas a try. I have read a few self-help and meditation books before and I would have to say that this is the best one that I have read. After finishing the book I felt like the author was a friend motivating me to improve my life with some easy to do exercises. I am looking forward using the things I learned in this book and am sure that they will help me to be a happier person.

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