

## Business needn't be just Busyness

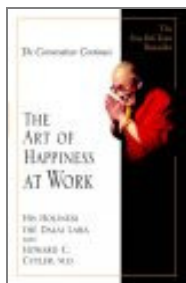
My experience is that for many, the end of the year brings with it a seemingly heavy load of work, coupled with a weariness of having been hard at it all year long. We heave a sigh of relief when it's all over at 5pm on the 24<sup>th</sup> of December, and rejoice that we can clear our mind of it for a couple of joyous holiday weeks, until the cycle starts again in January!

It's possible to break this exhausting cycle by examining the way we view our 'work'. The Dalai Lama tells us that the highest purpose of work is the helping of others. It is also interesting to note that at the [Happiness And Its Causes Conference](#) in Sydney this year, it was demonstrated that what seems to bring us most happiness is the helping of others. How deep would we need to look into what our businesses or our jobs are about to find how much they help others? Not very deep is my guess, and yet how often do we forget that part in the busyness of it all?

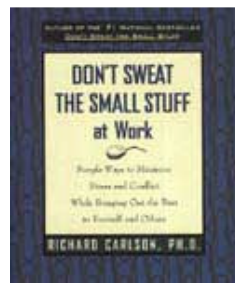
Our challenge in work, and indeed in life, is to remember this simple yet high impact aspect of doing what we do.

The Bodhi Tree bookstore specialises in books that bring us this kind of wisdom and inspiration, and we're all waiting eagerly for its enlightening book café to open in Mount Hawthorn on 1 April 2009!

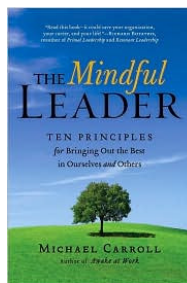
In the meantime, here are some inspiring Christmas gifts to give to others or put on your own Santa list. You can purchase these books from The Bodhi Tree's online bookstore at [www.bodhitree.net.au](http://www.bodhitree.net.au) where it's also worth subscribing to their monthly newsletter.



**The Art of Happiness at Work**  
by His Holiness  
The Dalai Lama  
and Howard  
Cutler  
**\$24.95**



**Don't Sweat the Small Stuff at Work**  
By Richard Carlson  
**\$17.95**



**The Mindful Leader**  
By Michael Carroll  
**\$47.95**

**KarenKotze**  
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