



# **The Inner Advantage: Applying Mindfulness in Business and Law...and Everywhere Else!**

*Patton Hyman*

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The Inner Advantage shows how you can cultivate undistracted awareness or presence in a way that can be applied in every situation, whether work related, recreational or in family life. It includes a positive way of working with fear that is energizing and helps bring further awareness, as well as discussions of how mindfulness helps to work with decision-making and other specific activities encountered daily by people in business, law, and other professional pursuits. The Inner Advantage concludes by describing capabilities that arise from applying mindfulness disciplines, and suggests a number of exercises that help strengthen them.

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