

The Congruent Life Following the Inward Path to Fulfilling Work and Inspired Leadership

By
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Chapter 1: The Great Divorce

Explores how our society came to separate our work life from our spiritual life.

Chapter 2: The Meaning of Work and the Work of Meaning

Explores the various meanings we have given to work in our lives.

Chapter 3: Spirituality—And other Misunderstood Words and

Chapter 4: Beware of Cheap Imitations (or, What Spirituality Is Not)

Explore the concept of spiritual life from multiple perspectives.

Chapter 5: Why Go There?

Offers ideas about why it is important to focus on our spiritual lives and our work lives.

Chapter 6: The “Fruits of the Spirit”

Explores the benefits a growing spiritual life provides to the development of human beings.

Chapter 7: The Personal Fruits

Explores the particularly personal benefits of a mature spiritual life.

Chapter 8: The Interpersonal Fruits

Explores the benefits of a mature spiritual life on our relationships with those among whom we live and work.

Chapter 9: Toward the Future: Shifting Sands and Paradigms

Explores ways in which a mature spiritual life enables us to deal with the uncertainties of the future.

Chapter 10: Personal Spiritual Growth

Thompson’s ideas and suggestions about how we can enhance the development of our spiritual lives.

Reflection Question 1: In what ways does your life at work lift up your spirits? In what ways does it drain you spirit? What could you do to invest purpose and meaning in your work that goes beyond merely getting a pay check?

Reflection Question 2: What do you mean by “spiritual life”? How does that relate to your work life? What actions could you take to develop your spiritual life? How would that affect your work life?

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