

## The Mindful Entrepreneur How To Rapidly Grow Your Business While Staying Sane Focused And Fulfilled

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Great Resource for Business Owners Trying to Grow The Mindful Entrepreneur is a great resource for all business owners trying to grow and become better versions of themselves. Balancing work and life, family and business, stress and mindfulness, all play a role in our lives and finding ways to plan for these items can help us get to a better place.

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In entrepreneurship and leadership, some of the successful meditation champions are household names such as Oprah Winfrey, Ariana Huffington, William Clay Ford, Jr., Ellen DeGeneres and Phil Jackson. Countless other leaders at the top of their ladders manage their businesses and meditate

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effectively, but with less media attention.

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## **How to be a Mindful Entrepreneur. | elephant journal**

Aryeh writes a regular blog on mindful, intentional and meaningful living through a Jewish lens (amindfuljew.com) and is a co-creator of The Mindful Entrepreneur’s Growth System (mindfulentrepreneur.co). He lives in Melbourne, Australia with his wife and 6 children.

## **THE BOOK | The Mindful Entrepreneur**

Hi, I'm Joel. I'm a leading coach, author and educator in the field of business growth, management and leadership. I'm the co-creator of the Growth System coaching program, as well as co-author of the #1 Amazon bestseller, The Mindful Entrepreneur.

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“The Mindful Entrepreneur Mentorship Program has significantly refined my business vision and helped me to become more aware of inefficiencies across the social media spectrum. Jules is so lovely and you can tell how excited and passionate she is about sharing invaluable tools and tips for running a sustainable business.” ...

## **Mindful Entrepreneur Mentorship Program — Om & The City**

Meditation enhances ethics and leadership qualities. This article is a continuation of our Mindful Entrepreneur series. We continue our interview of Bart Mendel, CMO—Chief Meditation Officer—of Mindworks. Bart is also the founder and president of an exclusive, highly successful construction management firm based in Los Angeles.

## **Meditation, Ethics & Leadership - The Mindful Entrepreneur ...**

The 'Mindful Entrepreneur' book's soft touch, makes reading easy going, with a useful summary at the end of each chapter of the key 'take home' messages. I believe that the 'Mindful Entrepreneur' is a great resource for small business owners, who are time poor, and do not want to get bogged down in management theory, but are looking for some ...

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### **About For Books THE MINDFUL ENTREPRENEUR Review - video ...**

Mindfulness, or the ability to exist in the present moment in a sustained and non-judgmental way, has been shown to have numerous health benefits. Mindful individuals exhibit reduced stress levels ...

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