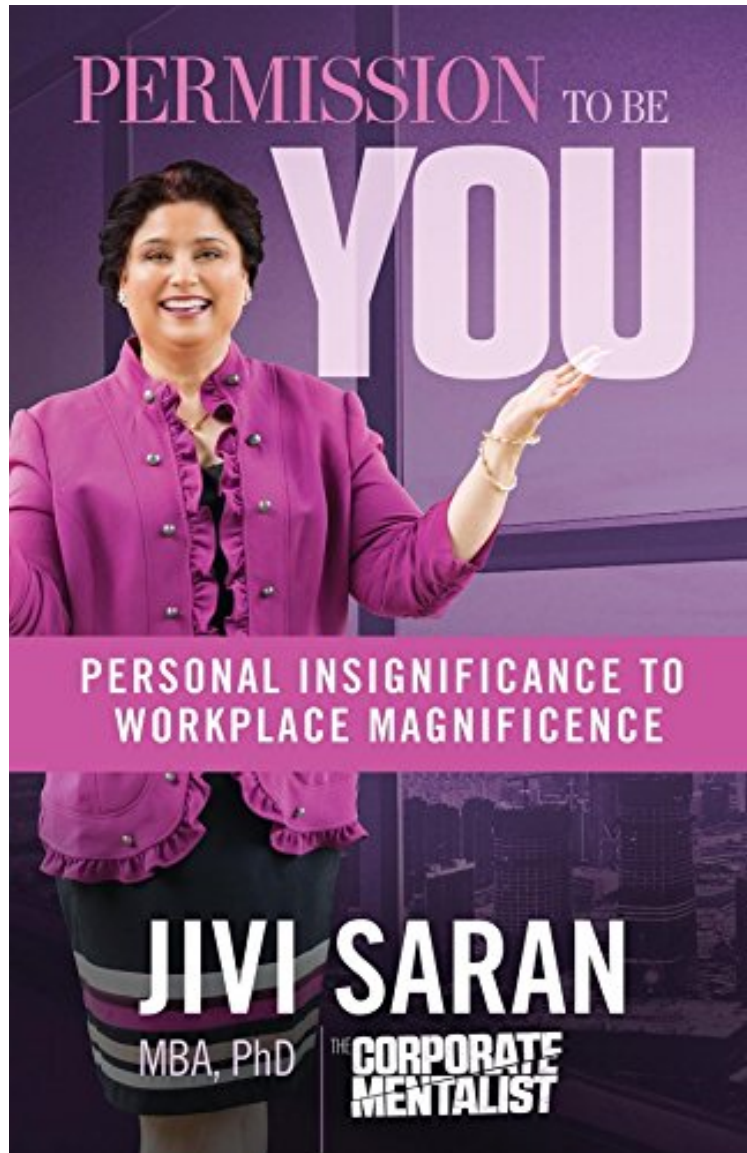


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Permission to Be YOU: Personal Insignificance to Workplace Magnificence

Jivi Saran

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searching and self empowerment. It should be included in any organisation's orientation package so that staff can learn about corporate mindfulness.

Imagine what it would be like to have permission to show up at work as completely yourself—;not someone pretending that life is perfect or someone wasting time being apologetic for experiencing life's ups and downs. In *Permission to Be YOU: Personal Insignificance to Workplace Magnificence*, Jivi Saran describes finding herself at the peak of her career and the worst of her health. She found herself asking, "Is this all there is to life?" In this very personal story, Jivi invites you into her experience of recovery as she shares her raw, vulnerable self, breaking cultural and societal norms to become her authentic self. This is a story that will truly inspire you to be who you are meant to be with no resentment, guilt, shame, or anger. In reading this book, you will experience a self-discovery process that introduces you to YOU.