



Know Yourself, Forget Yourself: Five Truths to Transform Your Work, Relationships, and Everyday Life

By Marc Lesser

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We all yearn for clear-cut answers to life's problems, yet we rarely get them. Formulas fail and contradictions mount. In *Know Yourself, Forget Yourself*, executive coach and mindfulness teacher Marc Lesser shows that understanding and embracing the points where life feels most confusing, most contradictory can lead us to more satisfaction and joy.

Lesser provides clear guidance and simple practices for embracing five central paradoxes in life and navigating them to increase our effectiveness and happiness. Influenced by the revolutionary mindfulness and emotional intelligence trainings he helped develop at Google, *Know Yourself, Forget Yourself* is a profound book about cultivating the emotional skills to understand the right path through difficulties and challenges.

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Editorial Review

Review

“Zen monk Lesser makes a case for embracing paradoxes to succeed in every arena in life....This compassionate and sage tome...is likely to help many make life-enhancing changes.”

— **Publishers Weekly**

“Cognitive dissonance has never felt so pure and poetic. Full of wise irony and simple truths, this book is a treasure for the ages.”

— **Chip Conley**, founder of Joie de Vivre Hotels and author of *Emotional Equations*

“An illuminating and insightful book.”

— **Sharon Salzberg**, author of *Real Happiness*

“Marc Lesser shows us a path through the contradictions within us....A wonderful and profound book.”

— **Van Jones**, president of Rebuild the Dream

“After a lifetime of Zen study, Marc Lesser has distilled the life lessons of Buddhist practice into sane, eminently useful, result-oriented procedures that will cut through confusion, anxiety, and self-defeating behaviors....I can’t recommend this book highly enough.”

— **Peter Coyote** (Hosho Jishi), actor, writer, and Zen priest

“In our work together at Google, I have seen firsthand Marc’s extraordinary melding of Zen teacher and business leader, a combination that some people might consider a contradiction. Now in this extraordinary book, Marc shows us not only that contradictions are everywhere, but that embracing them can actually make us happier!”

— **Chade-Meng Tan**, Google’s Jolly Good Fellow and bestselling author of *Search Inside Yourself*

“*Know Yourself, Forget Yourself* is a treasure trove of applied wisdom.”

— **Joan Halifax**, founding abbot of Upaya Zen Center

“Marc Lesser’s life experiences as a Zen student and priest, CEO, small business owner, consultant, and executive coach give him a unique perspective on how to enhance your life by increasing your gifts to everyone you engage with.”

— **Ben Cohen**, cofounder of Ben & Jerry’s

“Marc Lesser has given us a leadership bible that, if practiced, will tap into the power of our own inner awareness and gently nudge us to transform ourselves, our relationships at work and home, and in the process, our country and world. This book is a gem.”

— **Congressman Tim Ryan**, Thirteenth District in Ohio, author of *A Mindful Nation*

Praise for the author’s *Less*:

“Loaded with practical, applicable insights and suggestions to simplify work and daily existence.” — Peter Coyote, actor and author

About the Author

Marc Lesser is cofounder and CEO of SIYLI: Search Inside Yourself Leadership Institute, a nonprofit company devoted to creating enlightened leaders worldwide. A Zen teacher and executive coach, Marc lives in Mill Valley, California.

Users Review

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Kenneth Wallace:

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