



Oh No...Not More of That Fluffy Stuff! The Power of Engagement

Rich Bluni

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Something fluffy this way comes. And good news it just might change your life!

Peace. Love. Forgiveness. Gratitude. To cynics, these words might as well read *puffy clouds, candy hearts, teddy bears, and frolicking kittens.* Yet that so-called *fluffy stuff* is powerful. It gets us engaged-and engaged employees provide excellent care, drive dramatic change, and keep organizations alive so they serve patients another day.

Oh No...Noth More of That Fluffy Stuff! is a funny, heartfelt look at what it takes to overcome obstacles and tap into the passion that fuels our best work. The book's practical exercises help us get happier, more excited, and more connected to the meaning in our daily lives. Here are just a few of Rich Bluni's insights: Get comfortable with being uncomfortable. It's necessary for handing out compliments, saying that you, and telling co-workers that you-gasp-appreciate them.

Learn the distinction between forgiving and forgetting. (When your roommate sells your jewelry to feed his addiction to Elivs memorabilia, forgive him, but don't leave your pin number in the pocket of his new sequined white jumpsuit!)

Don't try to go it alon. For every pioneer who built their little house on the prairie, ten others were eaten by bears.

The challenges we face in the work place are tough, and our work is not likely to get easier. Yet when we're willing to, as Bluni phrases it, harass our spirits, we hone the inner resources we need to face whatever life sends our way with courage and commitment.

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