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Siri and Joven host this episode of Express Yourself! with a theme of Truth. They interview Marc Lesser, who blended his leadership experience running a Zen monastery kitchen, leading mindfulness trainings for Google engineers, and starting and running the Search Inside Yourself Leadership Institute to write the new book, Seven Practices of a Mindful Leader, Lessons from Google and a Zen Monastery Kitchen. Marc shares experiences from his life while listening to what the teens have to say about theirs. The Gift of Truth by Henry Ammar from the book, Be the Star You Are! Millennials to Boomers

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Featured Guest



Marc Lesser

Marc Lesser is the CEO, co- founder, and serves on the board of Search Inside Yourself Leadership Institute (SIYLI). He is a long term Zen teacher. Marc is the author of Know Yourself, Forget Yourself, Less: Accomplishing More By Doing Less, and Z.B.A. Zen of Business Administration; How Zen Practice Can Transform Your Work and Your Life.

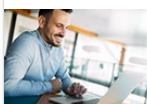
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