



The Zen of Resume Writing for Formerly Incarcerated Persons

Simone Richardson

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The Zen of Resume Writing for Formerly Incarcerated Persons provides helpful resume writing techniques, basic cover letter writing, interviewing skills, and job search tips. In addition, the resource identifies meditation techniques to help resume creators maintain a calm mind and body in preparation for resume writing. The Zen of Resume Writing gives the reader an understanding of how the principles of Zen Buddhism can not only aid in resume writing, but help relieve suffering in daily life. The Zen of Resume Writing helps readers awaken awareness, compassion, wisdom, happiness, and enlightenment by providing peaceful meditations. The resource includes the techniques of sitting meditation, stress reduction meditation, walking meditation, and other meditations to calm and unclutter the mind, and allows the reader to practice getting in touch with the true nature of the mind. Why use meditation? Research has shown that meditation may benefit the body by stimulating the parasympathetic nervous system. The parasympathetic nervous system controls the "rest and digest" response in the body which is a system that slows the heart and breathing rate, and causes the blood vessels to dilate thus improving blood flow.

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