



The Joy of Work?: Jobs, Happiness, and You

Peter Warr, Guy Clapperton

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Are you happy at work? Or do you just grin and bear it? We spend an average of 25% of our lives at work, so it's important to make the best of it.

The Joy of Work? looks at happiness and unhappiness from a fresh perspective. It draws on up-to-date research from around the world to present the causes and consequences of low job satisfaction and gives helpful suggestions and strategies for how to get more enjoyment from work. The book includes many interesting case studies about individual work situations, and features simple self-completion questionnaires and procedures to help increase your happiness. Practical suggestions cover how to improve a job without moving out of it, advice about changing jobs, as well as how to alter typical styles of thinking which affect your attitudes.

This book is unique. The subject is of major significance to virtually all adults - people in jobs and those who are hoping to get one. It is particularly distinctive in combining two areas that are usually looked at separately - self-help approaches to making yourself happy and issues within organizations that affect well-being.

The Joy of Work? has been written in a relaxed and readable style by an exceptional combination of authors: a highly-acclaimed professor of psychology and a widely published business journalist. Bringing together research from business and psychology - including positive psychology - this practical book will make a big difference to your happiness at work - and therefore to your whole life.

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Tom Burkhardt:

This The Joy of Work?: Jobs, Happiness, and You book is not really ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is actually information inside this reserve incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. This kind of The Joy of Work?: Jobs, Happiness, and You without we recognize teach the one who reading it become critical in pondering and analyzing. Don't end up being worry The Joy of Work?: Jobs, Happiness, and You can bring when you are and not make your carrier space or bookshelves' turn into full because you can have it in your lovely laptop even phone. This The Joy of Work?: Jobs, Happiness, and You having great arrangement in word and also layout, so you will not really feel uninterested in reading.

Teresa Powers:

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Gail Brasfield:

Many people spending their time frame by playing outside together with friends, fun activity together with family or just watching TV the entire day. You can have new activity to pay your whole day by reading a book. Ugh, do you think reading a book can definitely hard because you have to bring the book everywhere? It alright you can have the e-book, taking everywhere you want in your Touch screen phone. Like The Joy of Work?: Jobs, Happiness, and You which is keeping the e-book version. So , try out this book? Let's view.

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