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There are two major reasons why the title emphasizes happiness at work. First, for most of us, work hours are getting longer and the stress of work is increasing. So there is a high level of dissatisfaction with how we feel in our work environment and talking about this immediately gets attention.

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The Four Keys to Happiness at Work 1. Purpose. Our purpose is a reflection of our core values, and we feel more purposeful at work when our everyday... 2. Engagement. Do you generally enjoy your work? Are you part of the decisions about what, when, and how you do things... 3. Resilience. The ability ...

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Happiness at Work: Be Resilient, Motivated, and Successful - No Matter What Hardcover – 16 May 2010 by Srikumar Rao (Author) 4.4 out of 5 stars 51 ratings

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Happiness at Work: Be Resilient, Motivated, and Successful ...

Resilient employees nurture the work networks they have developed, consistently building trust with others. However, a surprising finding in the research was that resilient employees don't take the work environment too seriously. They introduce an element of 'play' to the workplace, which further fosters positive emotions amongst employees.

Resilience in the Workplace: How to be More Resilient at Work

Happiness at Work provides: Surprising ways of looking at change and problem-solving Exercises that shift one's perspective. Learn the vital wisdom

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Happiness at Work: Be Resilient, Motivated, and Successful ...

Finding happiness in work helps in building strong interpersonal relationships at work and encourage people to work together for the common welfare of the organization they are serving. It is the backbone for innovation, loyalty, responsibility, and success.

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