

1. Record Nr.	UNINA9910139502903321
Autore	Pryce-Jones Jessica
Titolo	Happiness at work [[electronic resource]] : maximizing your psychological capital for success / / Jessica Pryce-Jones
Pubbl/distr/stampa	Malden, MA, : Wiley-Blackwell, 2010
ISBN	1-282-48218-1 9786612482182 0-470-66684-6 0-470-66683-8
Descrizione fisica	1 online resource (255 p.)
Disciplina	158.7 658.314
Soggetti	Job satisfaction Employees - Attitudes Success in business Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Happiness at Work: Maximizing Your Psychological Capital For Success; Contents; Prologue; Acknowledgments; 1: Why Happiness at Work? Why Now?; 2: The Research Journey; 3: Contribution from the Inside-Out; 4: Contribution from the Outside-In; 5: Conviction; 6: Culture; 7: Commitment; 8: Confidence; 9: Pride, Trust, and Recognition; 10: Achieving Your Potential; Happiness at Work: A Conclusion; What Next?; References; Dramatis Personae; Index
Sommario/riassunto	Sharing the results of her four-year research journey in simple, jargon-free language, Pryce-Jones exposes the secrets of being happy at work. Focuses on what happiness really means in a work context and why it matters to individuals and organisations in both human and financial termsEquips readers with the information, knowledge and skills to make the most of the nearly 100,000 hours that they'll spend at work over a lifetimeDemystifies psychological research through a fascinating array of anecdotes, case studies, and interviews from people in the trenches of the working world

