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Nota di contenuto	1. Introduction: Satinder K. Dhiman -- 2. The Disengaged Workforce & The Path to Engagement and Wellbeing: Sherman, A. Altruism -- 3. Transforming ourselves to transform the world: Katte, V -- 4. Mindfulness at organizations: An effective way to increase individual and organization wellbeing: Garza-Meza, L., Portales, L -- 5. Understanding 'Pseudo empowerment' and its relevance in workplace well-being: Medatwal, C.
Sommario/riassunto	This anthology examines how to cultivate human flourishing in the present-day boundary-less work environment. Anchored in the moral and spiritual dimension of well-being, it draws upon several allied fields such as workplace wellness in business and psychology. It utilizes findings from positive psychology, social psychology, organizational neuroscience, quantum physics, organizational behavior, and the world's contemplative wisdom traditions to support the case

for workplace flourishing. Chapters cover such themes as analyzing the cause of workplace disengagement and pathways to employee engagement; self-transformation as a prelude to transform organizations; and mindfulness as framework to enhance human flourishing. Research shows that organizations with higher levels of employee engagement routinely out-perform those with lower employee engagement. This book provides valuable insights into why employee well-being is such a powerful driver of employee performance and engagement and advances scholarship on how organizations can enhance workplace well-being and fulfillment.

Satinder Dhiman serves as the Associate Dean, Chair, and Director of the MBA Program at Woodbury University, USA. Recipient of several national and international honors in teaching and scholarship, he has also completed advanced Executive Leadership Programs at Harvard, Stanford, and Wharton. Author, translator, editor, co-author, co-editor of over 38 management, leadership, spirituality, sustainability-related books and research monographs, he serves as the Editor-in-Chief of seven Major Reference Works and leads three research series with major international, academic publishers.
