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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