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Soggetti	Computational intelligence
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Nota di contenuto	MindBody Wellbeing -- AI for WorkLife Harmony -- AI Technologies Driving Wellness Transformation -- AI in Workplace Wellness Programs -- AI Applications for General WellBeing -- AI and Organizational Wellness Culture -- Ethical considerations and challenges -- Future Trends in AI for Holistic Wellness -- Case Studies and Global Best Practices -- Conclusions.
Sommario/riassunto	The book examines how artificial intelligence (AI) is changing methods used by individuals and organizations to address wellbeing. The book examines the convergence of AI, psychology, workplace culture, and personal wellness, providing practical advice on utilizing technology to foster healthier, happier, and more efficient settings. The book emphasizes that AI technologies such as sentiment analysis, customized health applications, and intelligent wearables can track and enhance both physical and mental wellbeing. It explores algorithms that identify burnout, stress, and disengagement, enabling prompt interventions in personal and work settings. Real world case studies

demonstrate how AI enhances communication, streamlines workloads, and creates work environments that improve employee contentment. The text explores the ways in which AI-powered platforms can tailor employee experiences, covering aspects such as mental health assistance and career growth. The book confronts ethical challenges head-on, discussing privacy issues, data security, and the need for transparency in implementing AI solutions connected to wellbeing. It anticipates upcoming trends such as emotional AI, predictive analytics for preventative health actions, and the merging of AI with human-centred leadership.