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Titolo	Great days at work [[electronic resource] ] : how positive psychology can transform your working life // Suzanne Hazelton
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ISBN	0-7494-6924-2
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Nota di contenuto	pt. 1. Take control of now -- pt. 2. Create a better future -- pt. 3. Power tools for a better work life -- pt. 4. The art and science of communications.
Sommario/riassunto	Great Days at Work will enable you to become more enthusiastic at work, feel more positive and work more effectively with others. Drawing on the latest insights from positive psychology, it outlines practical day-to-day changes you can make immediately for instant benefit, as well as helping you develop a longer term version that means you'll get more out of work. The book is based on a three-layered framework, with the first layer focusing on the mindset for change, the second on personal responsibility, and the third on vision and choice. It reveals how to use these layers to develop an effe