Happiness at Work: Maximizing Your Psychological Capital for Success
Jessica Pryce-Jones


DESCRIPTION
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 terms

• Equips 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 lifetime

• Demystifies psychological research through a fascinating array of anecdotes, case studies, and interviews from people in the trenches of the working world, including business world-leaders, politicians, particle physicists, and philosophers, sheep farmers, waitresses, journalists, teachers, and lawyers, to name just a few

ABOUT THE AUTHOR
Jessica Pryce-Jones is CEO and founder of the Oxford-based consultancy iOpener, which enables people to improve their performance and organizations to develop sustainably. A regular speaker and media commentator, she featured in the BBC series Making Slough Happy and CNN’s special on happiness at work. Pryce-Jones teaches and coaches leaders at London Business
School, Chicago Booth, Saïd Business School in Oxford, and Judge Business School in Cambridge. Clients include multinationals in banking, IT, health, publishing, and engineering as well as the public and not-for-profit sectors.

**FEATURES**

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