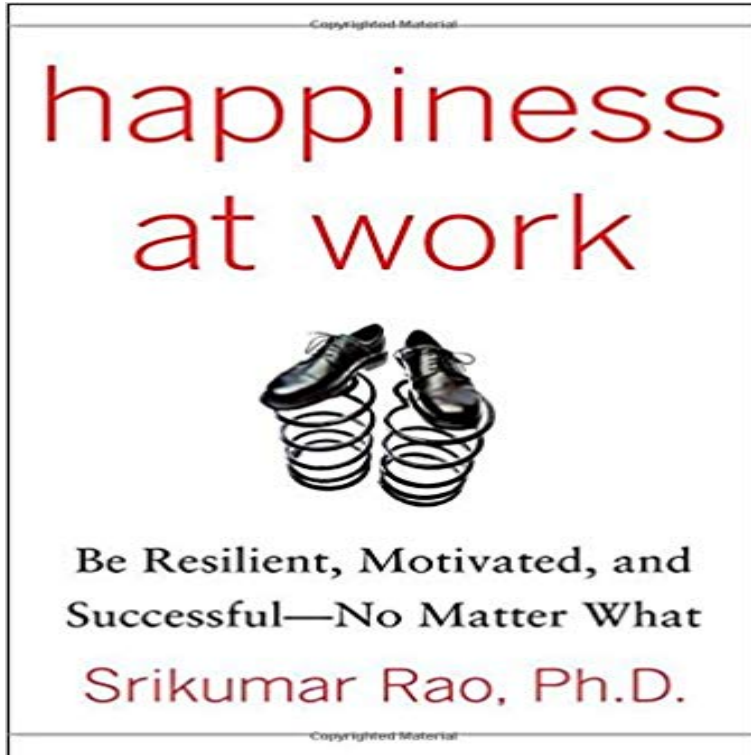


# Happiness at Work: Be Resilient, Motivated, and Successful - No Matter What



Learn to create resilience and happiness no matter what's going on in your life. In these tough times, there are few people who are completely happy with the current conditions. From business executives to the everyday Joe or Jane, everyone seems to be going through a rough economic and personal crunch. But acclaimed business school Professor Srikumar Rao says that we can learn to create joy no matter what else may be going on around us. Rao shows you that it isn't the negative thing that happens to you that causes your unhappiness, it's how you see it. Happiness at Work is a thought-provoking new title that moves the mind away from negativity and forces you to resist labeling situations as bad, but rather seeing them as neutral. Happiness at Work provides: Surprising ways of looking at change and problem-solving Exercises that shift one's perspective Learn the vital wisdom necessary to achieving a joyful, successful life as you define it through greater resilience and a strong inner core. Get it now with The Happiness Choice. Follow Srikumar Rao's instructions and you will enjoy the journey to more happiness and meaning in your life, no matter what!

--Marshall Goldsmith, author of What Got You Here Won't Get You There Happiness at Work brings new understanding of the essential role happiness plays in workplace learning and performance. Srikumar Rao's guidelines for our journey to leadership include aspects rarely explored and newly significant.--Frances Hesselbein, chairman and founding president, Leader to Leader Institute/Drucker Foundation for Nonprofit Management This book is a treasure chest full of wisdom. Each and every one of its 34 chapters introduced me to or reminded me of a very important principle for living a happy and successful life.--Jack Canfield, co-creator of the Chicken Soup for the Soul series and coauthor of The Success Principles

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