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By Harvard Business Review

Harvard Business Review Press, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. What is the nature of human happiness, and how do we achieve it in the course of our professional lives? And is it even worth pursuing? This book explores answers to these questions by presenting research into how happiness is measured, frameworks for personal behaviors, management techniques that build happiness in the workplace--and warnings that highlight where the happiness hype has been overblown. This volume includes the work of; Daniel Gilbert. Annie McKee. Gretchen Spreitzer. Teresa M. Amabile. How to be human at work. HBR's Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

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