



# Happiness at Work: Maximizing Your Psychological Capital for Success

*Jessica Pryce-Jones*

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

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

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