

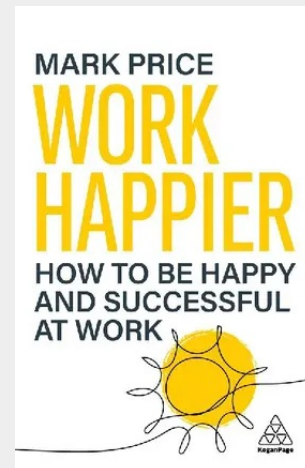
Price

Work Happier

How to be Happy and Successful at Work

Build lasting happiness, confidence and control at work every day. *Work Happier* is your guide to building a better day-to-day, whether you're starting out, feeling stuck or trying to boost your mood at work. Written by WorkL founder and former Waitrose MD **Mark Price**, this empowering book reveals what really drives happiness at work and why it matters for your mental health, relationships and long-term success. Drawing on insights from thousands of professionals, it shows how to build your own happiness plan, whatever your role or industry. Discover how to spot what motivates you, avoid toxic patterns and make small changes that lead to big impact. Whether you're navigating your first job or finding your feet post-promotion, *Work Happier* helps you shape a working life that actually works for you. **Themes include:** workplace wellbeing, personal development, happiness at work, career confidence, emotional intelligence, work-life balance

Workplace happiness doesn't always come easily, but the effort pays off. When you're happy at work, you thrive personally, professionally and mentally. It's our own responsibility to be happy at work. It's not the responsibility of our boss, or our colleagues, or the organization for whom we work. Being happy at work is also in your best interest too. Research shows that happy employees are likely to earn more, have better mental health and are more likely to be promoted. In this book, WorkL founder Mark Price, sets out what it is that makes people happy, or not-so-happy at work and he explains how you can measure happiness and improve the situation. *Work Happier* is written for anyone in any workplace anywhere. Whether you work on the shop floor or the board room, or if you're customer-facing or in a support role, this easy-to-read book will empower you to take control of your working life.



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