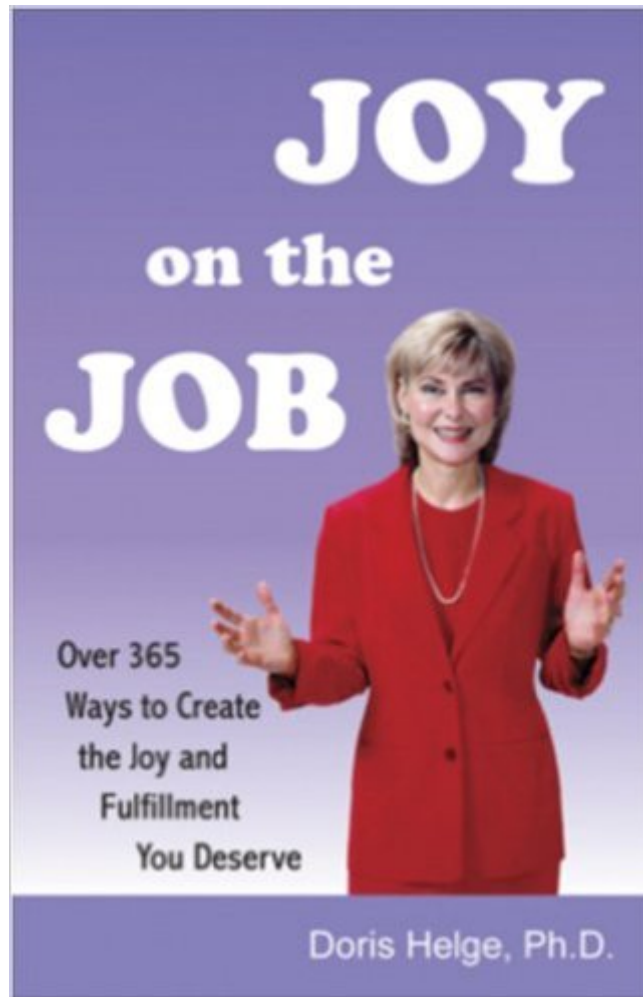


The book was found

# Joy On The Job . . . . Over 365 Ways To Create The Joy And Fulfillment You Deserve



## Synopsis

As testimonials by well-known experts say, "This is The Bible of Workplace Happiness." Discover the Three Simple Secrets of people who are happy when they work. You gain hundreds of proven, easy-to-implement strategies guaranteed to dramatically escalate your joy and fulfillment when you work, whether you work for yourself or an organization. Are you stressed when you work? Challenged by a negative work environment or difficult people? Facing constant change or chaos? Do you crave work-life balance? Do you want a better professional support system or better compensation? Is it time for a career transition? Want more positive feedback or better performance evaluations? Burned out? Challenged by a stress-related health issue? Want more fun at work? Take advantage of proven tips from the author who was named, "One of the Top Ten Coaches in America." No matter how you are challenged, when you read this book, you'll cash in on your unique strengths by designing your ideal career. When you use techniques like "Focus and Flow" and "The Smart Work System," you'll turn tasks you dread into fascinating activities. You'll thrive when your work environment is packed with joy, fun, meaning and fulfillment. You'll also receive over 100 enjoyable exercises you'll use over and over. Written in a warm, conversational style. Complete appendix (over 52 pages) includes extensive Index and "References and Notes" section. Enjoy transforming YOUR work life into work that is so enjoyable you "Go to Work and Call it Play!"

## Book Information

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## Customer Reviews

recommend this book to all my clients and friends. You will immediately discover three simple secrets of happiness at work. Just knowing these secrets will instantly produce less stress, more

fun, and remarkable personal fulfillment at work. Even though "Joy on the Job" is written in a warm, conversational style, it is based on 10 years of interviews of employees and managers in 21 organizations. You can trust this information because every technique Dr. Helge discovered was then field tested in "Joy on the Job" seminars. Whether you are a manager or employee, whether you are currently happy or unhappy at work, you'll read this book over and over. You'll gain something new and valuable with every reading. The book has hundreds and hundreds of easy-to-use, no-cost techniques that will immediately bring you more joy on the job. You deserve to be happy at work. Buy this book now!

Businesswoman and empowerment speaker Doris Helge, Ph.D. presents Joy on the Job: Over 365 Ways to Create the Joy and Fulfillment You Deserve, a no-nonsense self-help guide to improving the quality of one's life while on the job. Written on the precept that everyone deserves to delight in work as much as in a cherished vacation, Joy on the Job discusses the value of curiosity, how to harness the power of focus and communicate unmet needs, learning when and how it's necessary to abandon "happy face paint" for negative emotions, tips and tricks for overcoming procrastination, multisensory mind-body techniques to improve happiness in one's journey through life, and much more. Reference and research notes as well as an extensive index round out this enthusiastically recommended guide to greater personal happiness and job satisfaction.

Dr. Helge's book is a joy to read. It provides simple to understand techniques which can be put into practice immediately. Using her techniques brings results instantly which create a better more positive life not only at work but in all aspects of every day life and interpersonal relationships. I highly recommend this book as one that a person can grow with and use for years to come. As one's life changes the variety of techniques provides room for more and more growth to fit a persons changing life.

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