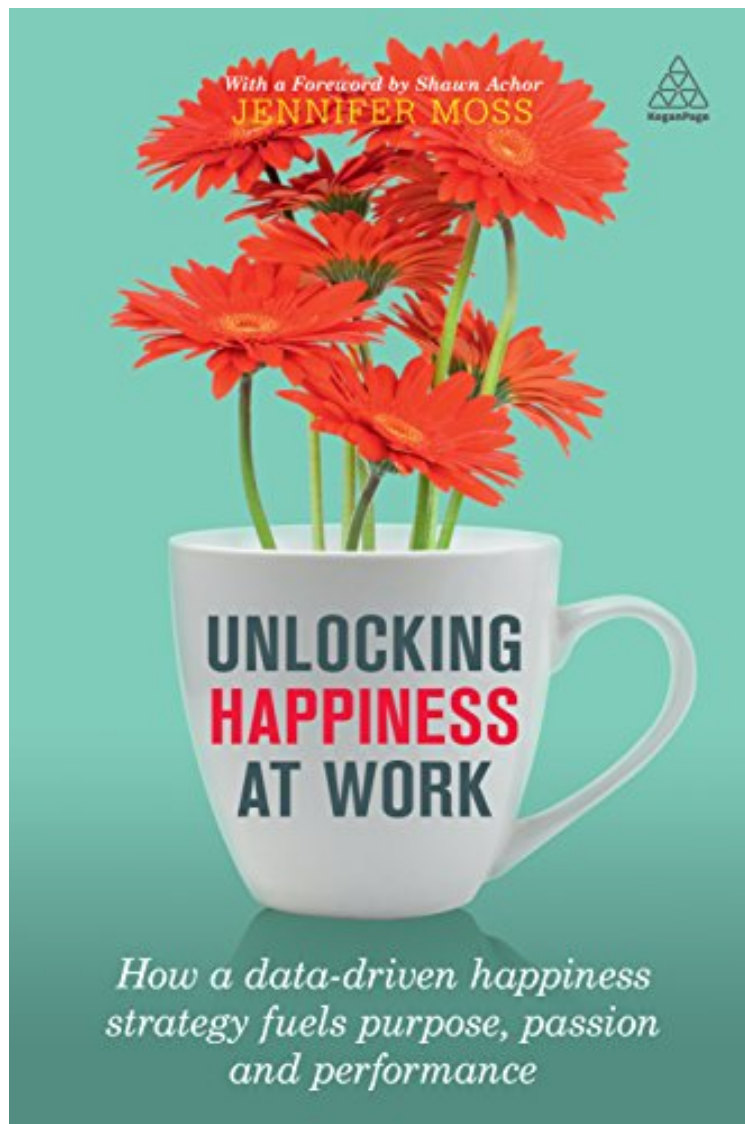


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## Unlocking Happiness at Work: How a Data-driven Happiness Strategy Fuels Purpose, Passion and Performance

*Jennifer Moss*

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really great book. It not only talks about happiness, but shares hundreds of ideas on how to rewire your brain so that you can be more on purpose whatever your goal might be. I interviewed Jennifer Moss on my podcast, she was so full of wonderful insights, and great research, that I decided to go back and reread the book a second time. It is worth a second read. And now I have read it three times!The book gave me ideas I can use to increase employee engagement, how to use habits to increase motivation and passion.I am going to buy copies of this book for all my coaching clients. Buy this book, it is 10.1 of 1 people found the following review helpful. This is the future of workplace successBy CustomerAn insightful book about the components of employee performance strategy that managers all too often overlook. A must-read for all managers of both large and small companies! This is the future of workplace strategy and success.1 of 1 people found the following review helpful. Loved it!!By NikkiLoved the book!! It gives insight into how workplaces can be based around a happier environment and how business owners and managers can make the workplace into a better environment!! Must read!!

Unlocking Happiness at Work takes you on a journey into why and how leaders should become compassionate capitalists and ensure that their teams thrive. This book debunks the myth that happiness at work is a waste of time and demonstrates how it can deliver a more productive and engaged workforce, which can have real impact on the bottom line. Based on two decades of scientific research, real-time data, interviews and case studies, this book proves that happiness fuels higher performance, provides a greater sense of purpose and spreads passion throughout organizations. With insightful practical guidance throughout, Unlocking Happiness at Work is a lively and persuasive exploration of how to be happier and make others happier through the power of habits, emotional intelligence and an innovative approach to work/life flow. Case studies from lululemon, Zappos, Misfit Inc, The Body Shop and more are supported by tangible data and key performance indicators that show the significant benefits that come from adopting a happiness strategy. This is an essential resource for leaders who want to increase sustainability, attract new talent, improve their brand and boost profitability - in a way that is life-enhancing for them and their people.

About the AuthorJennifer Moss is the co-founder of Plasticity Labs, a technology startup that produces software to measure organizational culture, inform leaders of their current and ongoing social/emotional state, and improve employee happiness at work. Jennifer is a Harvard Business and Huffington Post contributor and delivers talks across the world on the subject of happiness and gratitude at work (recent appearances include SXSW, TEDXWomen and the Chatelaine's W100). She was a Finalist in the Female Entrepreneur of the Year in the 11th annual Steviereg; Awards for Women in Business (part of the American Business Awards).