Regaining Motivation at Work: Simple steps to finding purpose and happiness in your work. 47 pages. 2017. 9782806289100. 50Minutes.com, 2017. 50MINUTES.COM, The happiness books you find here will work to return the joy to your life. Happiness does not need to be difficult, but the older and more entrenched you become in your ways the harder it is to make any real change to your happiness. So before you become like old man Scrooge before his Christmas revelation, take some time out to read these books on happiness and try to bring some joy back into your life. 13. The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work by Shawn Achor. 14. The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT by Russ Harris. 15. Positivity: Top-Notch Research Reveals the Upward Spiral That Will Change Your Life by Barbara Fredrickson. Start your review of Buddha at Work: Finding Purpose, Balance and Happiness at Your Workplace. Write a review. Jun 10, 2018 Yogesh Malhotra rated it it was amazing.  幸福的工作是全球最好的书，不仅对所有专业人士，但对每个人也一样。佛的教学非常明确并和现代的工作生活问题相关。有一种常流的启示和困境我们面临和进一步解决这些问题。以简单但纪律的方法，佛的方法。 读完《幸福的工作》后非常高兴。享受它彻底地。会推荐这个给任何人面对工作和生活中的挑战。幸福的员工是生产力的员工。通过采取小步骤来创建一个幸福和有动机的工作环境，有更大的可能性有更少的工作相关冲突，更少的缺勤和更多的生产力。什么构成一个幸福的工作环境？根本上，员工想感觉到他们是组织中重要的一部分。他们想要被认可。以努力工作。奖励你的团队为他们的努力工作是一个很好的方式来提高士气。有一个有战略性的奖励系统来基于四个关键区域：责任、个人表现、团队表现和守时。奖励和激励可以对士气有很大影响。