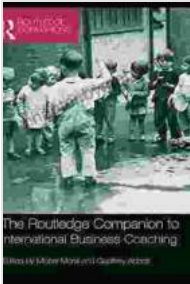


The Routledge Companion to Well-being at Work: A Comprehensive Guide to Employee Health and Happiness



The Routledge Companion to Wellbeing at Work (Routledge Companions in Business, Management and Marketing) by Money Maker Publishing

★ ★ ★ ★ ☆ 4 out of 5

Language : English
File size : 3162 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 409 pages



In today's fast-paced and demanding work environment, employee well-being has become a critical concern for organizations worldwide.

The Routledge Companion to Well-being at Work is the definitive guide to this essential topic, providing a comprehensive overview of the latest research, best practices, and expert insights to help organizations create thriving and healthy workplaces.

Edited by leading experts in the field, this authoritative companion brings together a team of international contributors to explore the multifaceted dimensions of well-being at work. From the impact of organizational culture and leadership on employee well-being to the role of work-life balance and

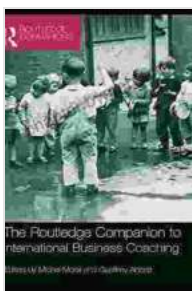
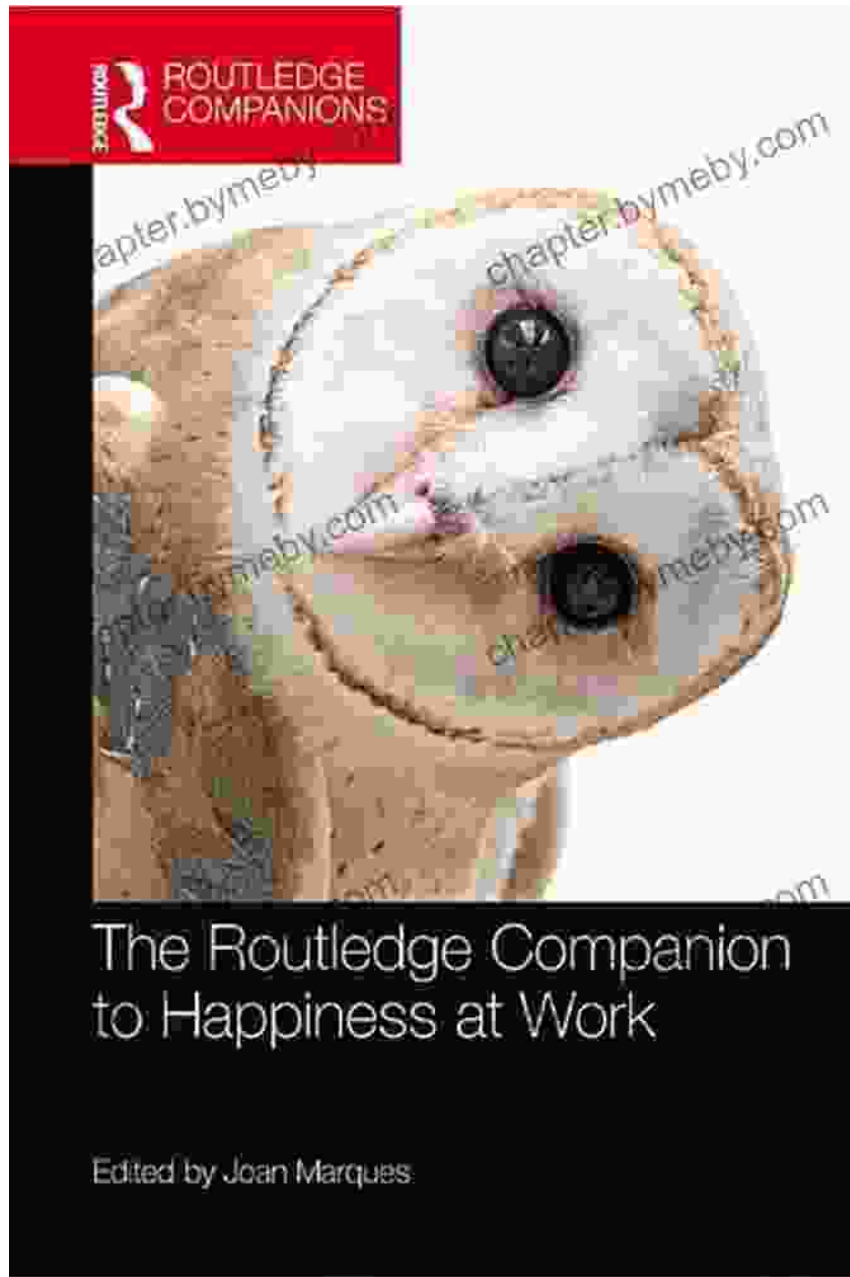
stress management, this book covers a wide range of topics essential for understanding and improving employee health and happiness.

Key features of The Routledge Companion to Well-being at Work include:

- In-depth analysis of the latest research on well-being at work
- Case studies and examples of best practices from leading organizations
- Expert insights from leading scholars and practitioners in the field
- Coverage of a wide range of topics, including organizational culture, leadership, work-life balance, stress management, and resilience
- Practical tools and resources to help organizations implement well-being programs

Whether you are a researcher, practitioner, or policymaker, The Routledge Companion to Well-being at Work is an essential resource for understanding and improving employee health and happiness.

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(Routledge Companions in Business, Management and
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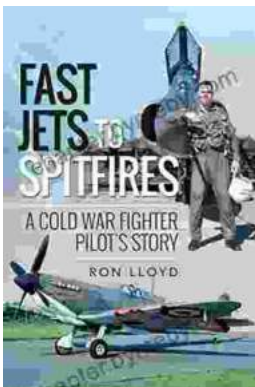
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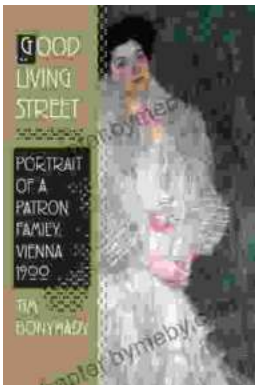
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