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| Title              | Health and Happiness from Meaningful Work: Research in Quality of Working Life   |
| Author             | Joav Merrick   |
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| Brief introduction | <p>This collection of research articles on the quality of life in the workplace focus on 'how to be happy at work'. Based on research begun by the editors in 1994, the volume explores the idea of meaningful work by describing how individuals can master their job duties, maintain good relationships with colleagues and management and create value in products and services. Also provided is a questionnaire for measuring the quality of working life, based on a theory of quality of working life.</p> <p>The contents are as follows: Introduction; Part one, 'Understanding quality of working life: how to be happy at work', contains: Working life / Soren Ventegodt and Joav Merrick; Quality of life, happiness and meaning of life / Soren Ventegodt, Niels Jorgen Andersen, Isack Kandel and Joav Merrick; Personal quality of life / Soren Ventegodt, Niels Jorgen Andersen, Isack Kandel and Joav Merrick; Mastery in your work / Soren Ventegodt, Niels Jorgen Andersen, Isack Kandel and Joav Merrick; Working with colleagues and management / Soren Ventegodt, Niels Jorgen Andersen, Isack Kandel and Joav Merrick; Creating value / Soren Ventegodt, Niels Jorgen Andersen, Isack Kandel and Joav Merrick; Up - or down in your life? / Soren Ventegodt, Niels Jorgen Andersen, Isack Kandel and Joav Merrick; How to improve working-life quality, quality of life and health / Soren Ventegodt, Niels Jorgen Andersen, Isack Kandel, Lars Enevoldsen and Joav Merrick. Part two, 'Research in quality of working life: improving value by making your people happy at work', contains: Working life quality and value / Soren Ventegodt, Niels Jorgen Andersen, Isack Kandel and Joav Merrick; Working life quality with the [self evaluation of quality of working life] SEQWL questionnaire / Soren Ventegodt, Niels Jorgen Andersen and Joav Merrick; Antonovsky salutogenesis [an approach focusing on factors that support human health and well-being] related to work / Soren Ventegodt, Isack Kandel and Joav Merrick; Mood disorders and suicide / Jong-Min Woo and Teodor T. Postolache. Part three, 'Travelling and inspiration for development as leader', contains: Travel and shift work / Tatiana Menick and Teodor T. Postolache; Reflections / Lars Enevoldsen. Part four, 'Acknowledgements', contains: Publications on quality of life 1994-2008 from an international group of collaborators / Soren Ventegodt and Joav Merrick; About the Quality of Life Research Center in Copenhagen; About the National Institute of Child Health and Human Development in Israel.</p> |