

"Practical and powerful advice anyone can benefit from."

—Daniel Goleman

**HOW
TO BE
HAPPY
AT
WORK**

Annie McKee

Coauthor of the *New York Times* bestseller
Primal Leadership

HARVARD BUSINESS REVIEW PRESS

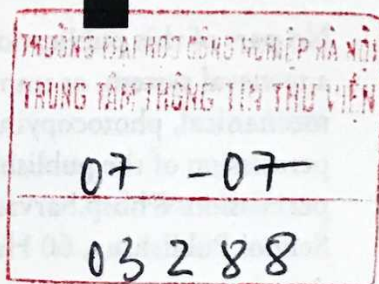
HOW TO BE HAPPY AT WORK

*The Power of Purpose, Hope,
and Friendships*

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INTRODUCTION

Life Is Too Short to Be Unhappy at Work

Happiness Is a Choice

Life really is too short to be unhappy at work.

Yet far too many of us aren't even close to being content—much less delighted—with our work or our workplaces. Instead, we are stressed and exhausted. We can't remember what we used to love about our jobs. Colleagues we trust and respect are few and far between, and half the time it doesn't even feel safe to be ourselves. All of this is spilling over into our personal lives. We're having a hard time sleeping or have given up on exercise. Relationships are suffering, too. We feel trapped and struggle to see how things will get better.

No one wants to live like this. Still, a lot of us give up and settle for less-than-fulfilling jobs. We tell ourselves that we're not supposed to be happy at work; that's for other parts of life. We try to cope by avoiding that bad manager or getting that stubborn, annoying person off the team. We shut down, give less,