A MEANINGFUL LIFE AT WORK

The Paradox of Wellbeing
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BY

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Dedicated
To good friends …
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This book is a result of an amazing and meaningful journey made by all the authors who care and respect for the life and wellbeing of individuals. Inspired by their own experiences at work, the authors accentuate the pertinent aspects of an individual’s mental capability and emotions. In essence, this book enables them to communicate their carefully referred thoughts and practices to readers of how powerful choice is in determining an individual’s life in the pursuit of happiness, particularly at the workplace.

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