



# SUPPORTING AND SUSTAINING WELL-BEING IN THE WORKPLACE

Insights from a Developing Economy

Sharmila Jayasingam, Safiah Omar, Norizah Mohd  
Mustamil, Rosmawani Che Hashim and Raida Abu Bakar



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Economy

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INVESTOR IN PEOPLE

## DEDICATED

*To our family members, who have been patient while we write ...*

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# ACKNOWLEDGEMENT

Writing a book can be a lonely journey. Apropos to this, we have taken an approach as a team to write this book together and what an amazing journey it has been! At a time when the world is facing a global pandemic, we found that this book could not have been written at a better time. While writing the book, we realized that, like any human endeavours, sustaining a particular effort is more easily said than done. Essentially, we hope this book helps readers cope with our ever complicated world and provide comforts to those that are battling with their wellbeing. While our readers may live and work in different countries, we certainly share a common philosophy: *Our aim to protect and enhance our well-being.*

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