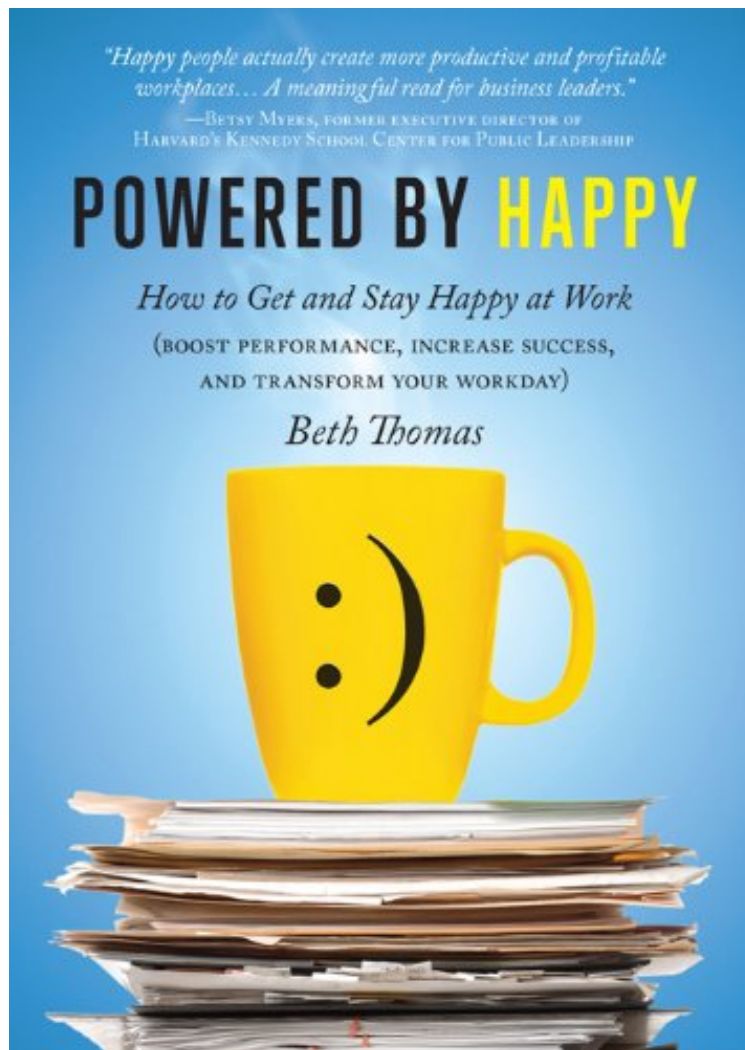


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Powered by Happy: How to Get and Stay Happy at Work (Boost Performance, Increase Success, and Transform Your Workday)

Beth Thomas

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1 of 1 people found the following review helpful. I actually had the opportunity to meet Beth this year through work and she is a very nice person. I appreciate her sharing her pBy CarlethaThe book was very informative and I took a lot from it and applied it to my current situation at work. I actually had the opportunity to meet Beth this year through

work and she is a very nice person. I appreciate her sharing her personal experiences to help others achieve their goals. 1 of 2 people found the following review helpful. Powered by Happy by Beth Thomas By Julie S. Traini I received my copy of Powered by Happy about 2 days ago and cannot put it down. I am energized and empowered by the messages in this wonderful book. I am so incredibly happy to see that people who are happy.....the ones you think.. "They can't be that happy all the time, their life isn't that perfect...actually work on being happy!!! I come from a family of Negative Nancy's. Energy drainers. Buzz killers...whatever you may call them. I love them, but they don't understand how to be happy. I work at being happy and positive daily. Some days are easier than others but I am better for working at it. It is my job. This book is a refreshing, uplifting read, not only for the work force but stay at home mothers, fathers, grandparents...EVERYONE. This book is loaded with tools and tips on learning on how to become a happier person. To put it all in to perspective. To stop the worrying and start living. I am having my teenager read this book to help him "understand" himself and what makes him tick. What makes him happy, to be in tuned with the world around him. To be aware of how people make him feel and how he makes people feel. I always tell my kids to make some ones day today. Tell some one at school "hello" or "you look so good in that shirt", or "you owned that game last night". Be some ones sunshine. I can also see how this would benefit a companies performance. It is important to have happy employees and a happy work environment. This book will help you not only achieve happiness, but also a better your career! I encourage everyone to read this book. Give that sunshine to someone you know. They will love it. I'm Powered by Happy! Are You? Fafala 1 of 1 people found the following review helpful. Five Stars By Terry Great book!

The only pocket-sized book packed with ways to boost not only workplace happiness, but also your-and your company's-performance Research has shown that employee happiness improves the bottom line, but how can a time-crunched, stressed-out employee wedge in a little joy? Instrumental for anyone working, whether in a cubicle or a corner office, Powered by Happy offers a quick hit of optimism for the workday, which will help your career. Employee engagement expert Beth Thomas has crafted a powerful little book filled with upbeat coaching, practical advice, and proven techniques. "Powered by Happy provides a step by step, tip by tip strategy for figuring out what gives us joy and how to create an environment in which we can find it-all day, every day, in any situation, no matter what challenges we face." -Larry Israelite, talent management executive "Here is a practical collection of strategies and approaches that will support and enliven the lives of employees and managers." -Elliott Masie, chair, The Learning Consortium "Look hard into the mirror, be honest with yourself, follow Beth's advice, and become more productive and honestly happy!" -Steven M. Lyman, vice-president, American Eagle Outfitters