



Getting To You- Increasing Your Happiness

Dr. Pamela R. Wiggins

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It might sound a little strange to say that we should be happy at work. After all, it's called work! But, we spend more time at our jobs than we do engaged in almost any other activity. If we are unhappy at work, we are likely to feel the impact in other areas of our lives, too. Finding ways to be happy at work not only produce greater productivity and greater job satisfaction, but will help you achieve greater overall mental, emotional, and physical health.

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