

Contents

List of figures and questionnaires	vii
Acknowledgments	ix
1 Work and happiness: An unlikely mix?	1
2 Why work?	15
3 Feeling good and feeling bad	27
4 The Needed Nine features	51
5 What's in a job? 1. Seeking a happy medium	71
6 What's in a job? 2. When enough is enough	93
7 It's in your genes as well as your job	109
8 Come to think about it . . . happiness is relative	121
9 Actions as well as words	141
10 Worth a try?	157
Appendix: Some further reading	179
Index	185