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Alexander Kjerulf

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ALEXANDER KJERULF

HAPPY HOUR IS 9 TO 5

HOW TO LOVE YOUR JOB,
LOVE YOUR LIFE, AND
KICK BUTT AT WORK



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Alexander Kjerulf : Happy Hour is 9 to 5: How to Love your Job, Love your Life, and Kick Butt at Work (Your Best Self) before purchasing it in order to gage whether or not it would be worth my time, and all praised Happy Hour is 9 to 5: How to Love your Job, Love your Life, and Kick Butt at Work (Your Best Self):

0 of 0 people found the following review helpful. Happy Workplace? Or Bankruptcy? You Choose!By Steve BivansAre you a business owner? a manager? an employee? Odds are you're one or more of these. If so, then you must read this book. If you aren't happy at work, or think that you're supposed to be, then you REALLY need to read it.Kjerulf argues that Happiness IS the goal of work, but that very few of us are reaching that goal. This isn't just some

hippie, huggy-wuggy book about singing Kum By Yah and patting each other on that back. Hell no! This book lays out the model for real business success. It turns out that happy employees mean higher productivity, and profits. In other words, if your company isn't putting your employees' happiness FIRST, then you will be LEFT BEHIND and buried by the companies that do. The numbers don't lie; companies with happy employees are vastly more profitable than those with grumpy, overworked, and unhappy ones. Read this book, or start thinking about your bankruptcy plan. It's that simple.

0 of 0 people found the following review helpful. I was smiling after finishing this book

By Kresimir Mudrovci
I was smiling after finishing this book, it pumped me with motivation, positive energy, inspiration and optimism. Hard to explain the feeling, but it was a huuuuge mood booster. Despite the really positive impact to my mood, I am a bit sceptical whether this book would be helpgul for someone who has a crappy job and cannot afford to change it or lose it. I come from the IT industry where majority of workplaces are good and this book is actionable, but would be good to know whether it is helpful in other industries and cases. I'd recommend this book to everyone who wants to be happier at work and pump some positive energy in their work life, but also private life. :-)

0 of 0 people found the following review helpful. Interesting Advice for a Young Professional

By Angeli Rafer
I picked up "Happy Hour is 9 to 5" on a whim; as a young worker fresh out of college it might help to get some insight into the work force, right? Alexander is a funny guy with some pretty helpful hints, although I must confess, I feel like I am "too young"; much of his advice seems to apply a little more to a higher-up worker than my entry level responsibilities... Still, his words are very useful for anyone who wants to stay up-beat after long hours in a cubicle!

Hard day at the office? We should expect more from the 9 to 5, argues entrepreneur and happiness expert Alexander Kjerulf. Managers should make it a priority too: this book is packed with data that shows that happier people are more productive, more innovative, more motivated, deliver better customer service AND handle change better. Happiness at work may sound a pipe dream but achieving it is actually quite possible. First, we need to understand what it's not. It's not about high-fiving and cheerleading (although it could be for some people). It's not about eliminating all the bad stuff from our job — it's about being happy at work even though some of those bad things are present. Research across 30 countries shows that happiness at work rests on results and relationships. Happy Hour is 9 to 5 gives detailed, practical advice on building the skills and energy to improve both.

Here you'll learn how to deal with everything from nightmare bosses, bullies, miserable co-workers, long-running conflicts, stifling bureaucracy and management who refuse to see anything beyond the bottom line. It's also full of inspiring real-life stories: of a temp worker cheering up her co-workers with small, random acts of kindness. A group of nurses rebel against the hospital's sour mood and turn their ward into a happy place. A programmer at a bank learns what it takes to turn his department from boring to fun. Alexander speaks from his own experience, both as co-founder of the Danish IT Company Enterprise Systems and as an expert on workplace happiness for clients including Hilton, Microsoft, Lego, Ikea, Shell, HP and IBM. His work has been featured in the Sunday Times, New York Times, and BBC Radio 4's In Business. www.positivesharing.com

Happy Hour is 9 to 5 is an outstanding book because it reminds us of the importance of our health and wellbeing. Read this book!

Professor Cary L. Cooper, CBE