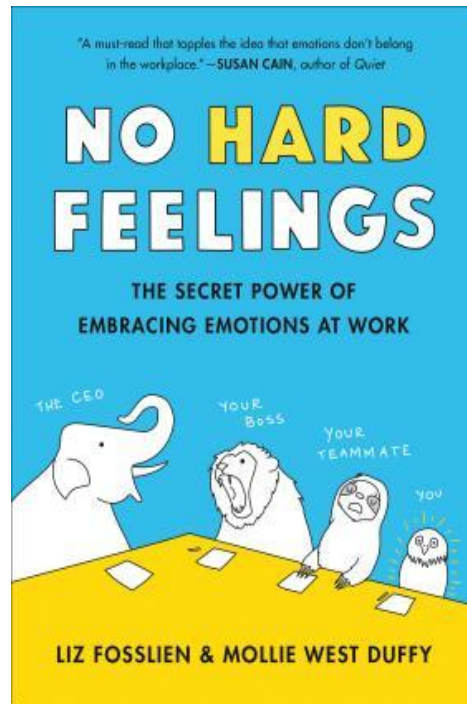


E-Books lesen No Hard Feelings: Emotions at Work (and How They Help Us Succeed)

By Liz Fosslien



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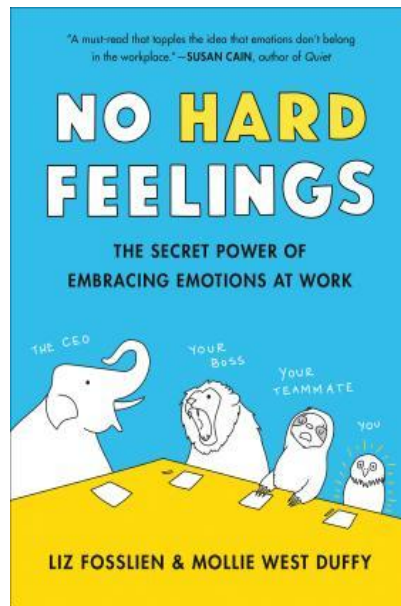


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A visual exploration of how to embrace emotion at work and become more authentic and fulfilled while staying professional. When it comes to emotions at work, there's rarely a happy medium. In some offices, your boss might send snaps of her weekend getaway in Vegas, or your coworker might send twenty texts about how Susan ate his clearly labeled lunch...again. Other offices are buttoned-up emotional deserts, where crying is only allowed in the bathroom and you suspect your coworkers might be robots. Either extreme hurts employee health and productivity. Liz Fosslien and Mollie West Duffy take a charming and deeply researched look at how emotions affect our professional lives and how we can navigate emotions at work. The modern workplace can be an emotional minefield (Do I shake my boss's hand or give her a hug? Did I forget to mute my phone on the conference call?) filled with unwritten rules. As our jobs become more collaborative, complex, and stressful, effectively

embracing emotion

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