



The Healthy Workplace: How to Improve the Well-Being of Your Employees---and Boost Your Company's Bottom Line

Leigh STRINGER

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Is your workplace working for you and your employees? Studies show that unhealthy work habits, like staring at computer screens and rushing through fast-food lunches are taking their toll in the form of increased absenteeism, lost productivity, and higher insurance costs—but it doesn't have to be that way.

Companies such as Google, Apple, Aetna, and Johnson & Johnson have used innovative techniques to incorporate healthy habits and practices into the workday and into their culture—with impressive ROI. Packed with real-life examples and the latest research, *The Healthy Workplace* proves that it pays to invest in your people's well-being and reveals how to:

- Create a healthier, more energizing environment
- Reduce stress to enhance concentration
- Inspire movement at work
- Use choice architecture to encourage beneficial behaviors
- Support better sleep
- Heighten productivity without adding hours to the workday

Filled with tips for immediate improvement and guidelines for building a long-term plan, *The Healthy Workplace* will boost both employee well-being and the bottom line.



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Christi Ross:

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James Shipp:

A lot of people always spent their own free time to vacation as well as go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that's look different you can read the book. It is really fun in your case. If you enjoy the book that you just read you can spent 24 hours a day to reading a e-book. The book The Healthy Workplace: How to Improve the Well-Being of Your Employees---and Boost Your Company's Bottom Line it is extremely good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. If you did not have enough space to bring this book you can buy the e-book. You can more easily to read this book from a smart phone. The price is not to fund but this book features high quality.

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