

‘Happiness at Work’ by Jessica Pryce-Jones published in the US today

Following on from the huge success of the UK publication of ‘Happiness at Work: Maximizing your Psychological Capital for Success’, the book is being launched in the United States today.

Already widely acclaimed by leading business publications, Forbes Magazine, Management Today, The Times, to name but a few, the book delves into the science of happiness at work to reveal clear links with workplace productivity.

The practical advice and insightful analysis outlined in this book is sourced from five years of research by Pryce-Jones’ Oxford based consultancy iOpener and draws readers towards an awareness of their own levels of workplace happiness.

New light is shed on the transformational effect of happiness in the workplace. The concept of the five virtuous Cs – contribution, conviction, culture, commitment and confidence is explained together with the pride, trust and recognition elements which help confirm that happiness at work is linked to performance and success.

In the past, happiness was so often seen as too soft an idea to be relevant to the workplace but it is now increasingly acknowledged as one of the key factors affecting work productivity.

Jessica Pryce-Jones commented, “I believe the reason there is so much interest in my book lies in the increasing recognition of the science of happiness in the workplace and the growing awareness of the extent to which psychological capital is essential in today's competitive climate.

For employers, every organisation knows that people are their most important assets and getting the most out of those assets is vital, bear in mind that work makes up about 100,000 hours of everyone's life so why wouldn't you want to make the best of them?”

As The Scotsman noted, “All employers should be issued with a copy of Happiness at Work....if only employers realised how fruitful staff happiness could be, perhaps they'd focus on it more intently.”

And the reality of our modern lives is that there is increasingly less distinction between time at work and the other time in our lives, so making it all the more important to learn how to be truly happy at work.

Jessica Pryce-Jones’ book, ‘Happiness at Work – Maximizing your Psychological Capital for Success’ is published by Wiley-Blackwell.

To order ‘Happiness at Work, Maximizing your Psychological Capital for Success’ at a price of £14.99 plus p&p to UK mainland addresses, call 0800 243407 or email cs-books@wiley.co.uk or visit <http://www.amazon.com>

Praise for Happiness at Work:

In her new book *Happiness At Work* (Wiley-Blackwell), Jessica Pryce-Jones calculates that workers will spend an average of 90,000 hours at work in their lifetimes, Pryce-Jones was surprised to find that women are generally happier at work than men. Status and longer hours contributed to men's happiness, while active learning and shorter hours were likely to make women happier."

Forbes, *Find Happiness At Work*

Says Jessica Pryce-Jones "Networking is about forming relationships that can be used to help others, and get help in return. Women should be less abashed about using networks, and trying to become more visible. "It's all about finding a strategy that works for you. And gets you noticed."

The Times, *Why women are such bad networkers*

"Pryce-Jones works hard to convert knowledge to understanding to practical action. This is a 'How To' book for grown-ups who recognise they can try harder and deserve better."

Management Today, Alan Kemp

"Jessica Pryce-Jones establishes happiness as more than a fleeting feeling; she argues that it is a critical resource for successful work and a good life. She brings her years of experience to bear on this important topic and provides practical tools for achieving more happiness at work. The book is wonderfully written".

Robert Biswas-Diener, author of *Positive Psychology Coaching*

"Illustrated with fascinating and diverse interviews this book is understandable and easy to read. Pryce-Jones definitely created a great guide for anyone who wants to improve their working life".

Cathy L. Greenberg, Managing Partner, h2c, LLC, Happy Companies/ Healthy People

Notes to Editors:**About the author:**

Jessica Pryce-Jones is CEO and founder of the Oxford-based consultancy iOpener. A regular speaker and media commentator, she featured in the BBC series *Making Slough Happy* and CNN's special on happiness at work. Pryce-Jones teaches and coaches leaders at London Business School, Chicago Booth, Saïd Business School in Oxford, and Judge Business School in Cambridge. Clients include multinationals in banking, IT, health, publishing and engineering as well as the public and not-for-profit sectors.

About iOpener:

iOpener is a consultancy based in Oxford, that enables people to improve their performance and organizations to develop sustainably. iOpener specialises in enabling organisations, teams and individuals to deliver on their objectives and strategy and increase happiness levels in the workplace through research-based leadership development, coaching, and consultancy services

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