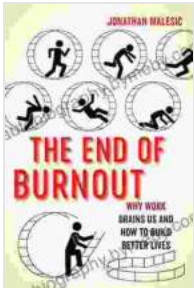


Why Work Drains Us And How To Build Better Lives



The End of Burnout: Why Work Drains Us and How to Build Better Lives by Jonathan Malesic

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1570 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 282 pages
Lending	: Enabled



Work is an essential part of life. It provides us with the means to support ourselves and our families, and it can also give us a sense of purpose and accomplishment. But work can also be a major source of stress and unhappiness.

In his new book, "Why Work Drains Us And How To Build Better Lives," Professor Alex Soojung-Kim Pang explores the reasons why work can be so draining. He argues that many of the problems we face at work are not inherent to the work itself, but rather are the result of the way we have organized our work lives.

Pang identifies five key factors that contribute to work-related stress and unhappiness:

1. **Lack of control:** When we feel like we have no control over our work, it can lead to feelings of powerlessness and frustration.
2. **Unclear expectations:** When we don't know what is expected of us, it can lead to anxiety and stress.
3. **Excessive workload:** When we are overworked, it can lead to burnout and exhaustion.
4. **Lack of support:** When we don't have the support of our colleagues and supervisors, it can make it difficult to cope with the demands of work.
5. **Meaningless work:** When we don't find our work to be meaningful, it can lead to a sense of emptiness and dissatisfaction.

Pang argues that these five factors are not inevitable. He offers a number of practical suggestions for how we can create a more fulfilling work life, including:

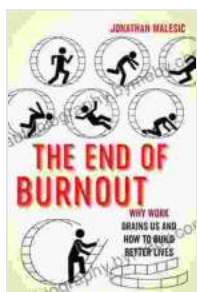
1. **Find work that you enjoy:** If you find your work to be enjoyable, you are more likely to be motivated and engaged.
2. **Set clear expectations:** Make sure that you know what is expected of you at work. This will help to reduce anxiety and stress.
3. **Manage your workload:** Learn to say no to additional work when you are already feeling overwhelmed.
4. **Build a supportive network:** Surround yourself with colleagues and supervisors who are supportive and understanding.

5. **Find meaning in your work:** Try to find ways to connect your work to your personal values and goals.

"Why Work Drains Us And How To Build Better Lives" is a valuable resource for anyone who is looking to create a more fulfilling work life. Pang's insights are based on the latest research on work and happiness, and his practical advice is easy to implement. If you are feeling drained by your work, this book can help you to make the changes you need to build a better life.

To learn more about the book, please visit the author's website:

<https://www.alexsoojungkim.com/>



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