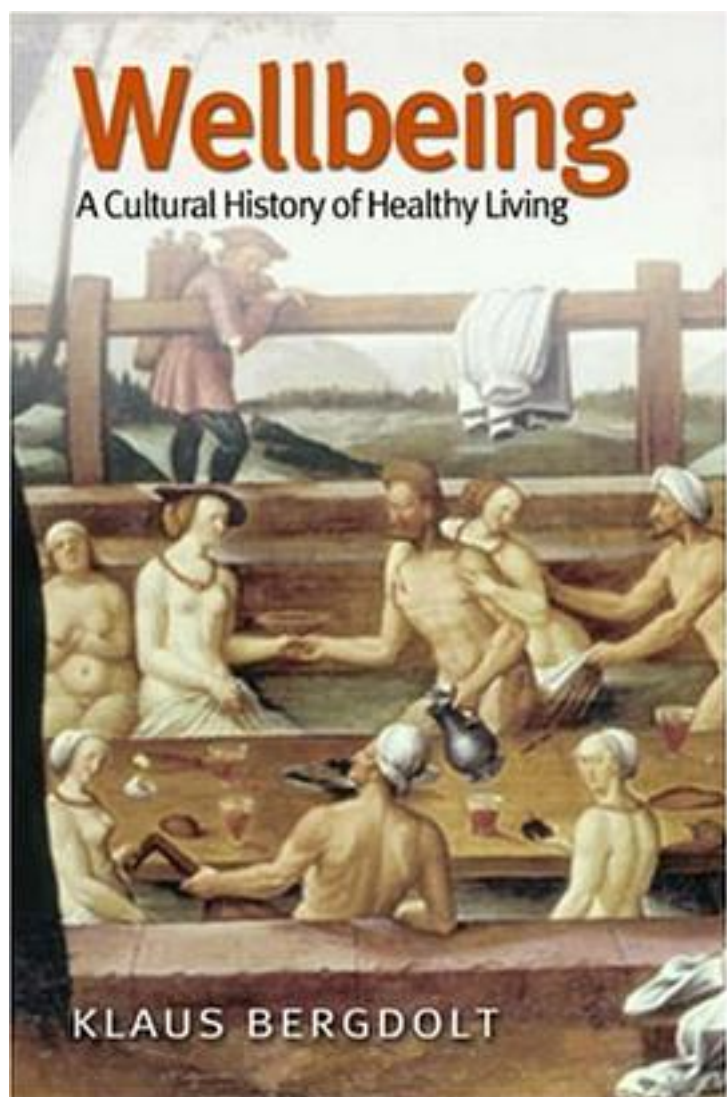


Wellbeing



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著者:Tom Rath

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Wellbeing: The Five Essential Elements , the latest New York Times , Wall Street Journal , and USA Today bestseller from Gallup Press.

Much of what we think will improve our wellbeing is either misguided or just plain wrong.

Contrary to what many people believe, wellbeing isn't just about being happy. Nor is it only about being wealthy or successful. And it's certainly not limited to physical health and wellness. In fact, focusing on any of these elements in isolation may drive us to frustration and even a sense of failure.

When striving to improve our lives, we are quick to buy into programs that promise to help us make money, lose weight, or strengthen our relationships. While it might be easier to treat these critical areas in our lives as if they operate independently, they don't. Gallup's comprehensive study of people in more than 150 countries revealed five universal, interconnected elements that shape our lives:

The Five Essential Elements

Career Wellbeing Social Wellbeing Financial Wellbeing Physical Wellbeing Community Wellbeing

Wellbeing: The Five Essential Elements will provide you with a holistic view of what contributes to your wellbeing over a lifetime. Written in a conversational style by #1 New York Times bestselling author Tom Rath and bestselling author Jim Harter, Ph.D., this book is filled with fascinating research and novel ideas for boosting your wellbeing in each of these five areas.

By the time you finish reading this book, you should have a better understanding of what makes life worthwhile. This will enable you to enjoy each day and get more out of your life -- and perhaps most importantly, boost the wellbeing of your friends, family members, colleagues, and others in your community.

(Each copy of this book includes a unique ID code for Gallup's online Wellbeing Finder, a program designed to help you track and improve your wellbeing over time.)

作者介绍:

汤姆·拉思 (Tom Rath) ，盖洛普公司全球咨询业务负责人。他领导了一系列的研发项目，包括评估工具、专著和其他专业研究，特别是畅销书《现在，发现你的优势》所使用的理论、技术和语言体系。著有畅销书：《你的水桶有多满》，《铁杆朋友》和《现在，发现你的领导力优势》。

吉姆·哈特 (Jim Harter) 博士，盖洛普国际工作环境及幸福问题研究首席科学家，发表的研究调查报告超过1000篇，在《今日美国》、《华尔街日报》、《纽约时报》上发表多篇学术文章，著有畅销书《伟大管理的12要素》。

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标签

管理

生活

评论

如果再有一本针对五条的现实建议，再加上详细案例介绍，一定更受欢迎！

Career wellbeing, social wellbeing, financial wellbeing, physical wellbeing, community wellbeing

我读的不是这本，是关于wellbeing别的书，但因为找不到标记下这本。系统地了解下wellbeing和自我实现的关系是很重要的，当人发展到最后好像是为了取得wellbeing的一个维度。

提醒我要更加认真的生活，让自己更充实！值得常常回顾意下。每本书都有一个code，可以记录每天，每周，或者每个月的wellbeing，很实用的tool。作为奔三十的人，至少做运动是必不可少的了。

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书评

测量每日幸福感的十项评估条件：1 感觉休息得很好 2 受到尊重 3 微笑或大笑 4 学习或兴趣 5 愉快 6 身体疼痛 7 担忧 8 悲伤 9 压力 10 愤怒
www.wbfinder.com上可以凭书中的密码注册，但其实如果有意评估自己的幸福感，尤其是想要监测和推进自己的幸福感，可以定期（例如每...

使自己在更多的日子里心情愉快，最好的办法之一是设定积极的选择。
任何时候，你将长期的自我与短期的自我相结合，便有机会使自己过得愉快。
你可以有意识地选择多花些时间与你最喜欢的人呆在一起，并且尽可能地运用你的优势。
你可以设计一个财务规划，使你不必担心欠债的问题...

因为在公司负责幸福指数项目，听同事推荐买了这本书，无论对个体还是组织，都是很有价值的。盖洛普在企业管理和组织发展领域，比其他咨询机构走的是快一些，可能他们的视野看的比较远。
书中把影响人幸福感的因素归结为五大类：职业生活幸福感、社交关系幸福感、财务状况幸...

这是一本很不错的书，可以当作研究的书，也可以看成工具书。幸福其实很简单，想复杂了就会很痛苦。

认为自己幸福或者不幸福的朋友都可以测一下。
我是个自认为很幸福的人，测了一下，88分，还算是个高分吧？

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