

## A Meaningful Life at Work

### The Paradox of Wellbeing

Emerald Points

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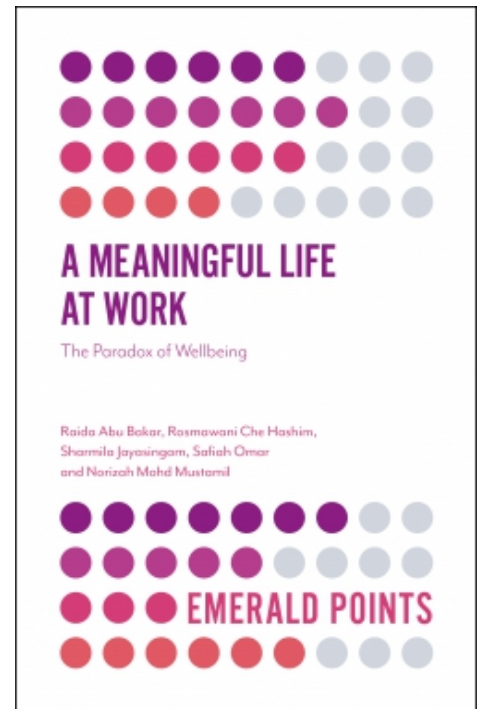
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### About the Book

*A Meaningful Life at Work* addresses a range of contemporary issues that impact on an individual's experiences in the workplace, including those that may restrict opportunities for personal growth in a professional setting. Understanding an employee's values, their choices and the problems they face in the workplace may help organisations to better structure their human resource policies, compensation packages and working conditions.

The authors explore employee wellbeing from a Malaysian perspective as a developing country, but they also reflect on the broader Asian and wider global context. The key themes analysed in this book include work addiction, cyber bullying, sexual harassment in the workplace and the ethics of workplace behaviour. The book contributes to the theoretical discourse around organisation studies and employee wellbeing, while also seeking to integrate academic concepts with practice. In this way, it offers practical steps towards promoting positivity and happiness in the workplace.



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