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## It's Always Personal: Navigating Emotion in the New Workplace

By Kreamer, Anne

Random House, 2011. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!

Summary: Praise for It's Always Personal: "Throughout this heartfelt book, Ms. Kreamer comes down on the side of accepting and expressing one's authentic feelings, though in sensible and constructive ways. "It's Always Personal" argues that greater emotional openness could lend vitality to American business, and it urges both men and women to 'bring their full, true selves to the game.' It's a stimulating read bolstered by snippets of some of the best recent work on emotional intelligence and the science of happiness." -Clare McHugh, The Wall Street Journal " It's Always Personal will transform the way you look at office culture and work relationships. In an insightful analysis packed with research, evidence, and real-life examples, Kreamer demonstrates why emotion matters so much in the workplace--and, with practical advice, she identifies ways to be happier and more effective at work." --Gretchen Rubin, #1 New York Times bestselling author of The Happiness Project "This will be one of the most fascinating and useful books you'll ever read. In this groundbreaking study, Anne Kreamer looks at emotion in the workplace through first-hand experiences, scientific research, and empirical...



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