

Acknowledgments

This volume has a long history. Much of my research and writing over the past 40 years has examined the ways in which work experiences influence individual well-being, a thread that ties this body of scholarship together. I have worked for almost 55 years, starting with a summer job when I was thirteen, working 35 hours a week and earning 50 cents an hour. In fact, it was my early work experiences that got me interested in studying organizational psychology. Work has provided many positive experiences and feelings for me along with the inevitable negative ones. Although I have now achieved a satisfying integration of work with my other life interests, there were times, particularly in my early career, when I probably worked too hard. Hopefully this collection will help others 'get it' sooner than I did.

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Ronald Burke

