

# Contents

---

<i>List of figures</i>	viii
<i>List of tables</i>	ix
<i>List of contributors</i>	x
<i>Acknowledgements</i>	xii

## PART I INDIVIDUAL WELLBEING

1 Flourishing in love and work <i>Ronald J. Burke</i>	3
2 Being ‘otherish’: resolving the false choice between personal and prosocial goals <i>Robert W. Rebele</i>	26
3 Managing perfectionism and the excessive striving that undermines flourishing: implications for leading the perfect life <i>Gordon L. Flett and Paul L. Hewitt</i>	45
4 Understanding and developing personal resilience <i>Jill Flint-Taylor and Alex Davda</i>	67

## PART II FAMILY AND EXTRA-WORK EXPERIENCES AND ACTIVITIES

5 Helping fathers flourish in all parts of their lives <i>Alyssa F. Westring, Stewart D. Friedman and Kyle Thompson-Westra</i>	85
6 Juggling family and career: parents’ pathways to a balanced and happy life <i>S. Katherine Nelson and Sonja Lyubomirsky</i>	100
7 A multilevel intervention model for promoting work–family enrichment during early parenting <i>Angela Martin, Amanda R. Cooklin and Sarah Dawkins</i>	119

8	Squeezed in the middle: balancing paid employment, childcare and eldercare <i>Linda Duxbury and Gregory Dole</i>	141
<b>PART III WORK AND CAREER EXPERIENCES AND ACTIVITIES</b>		
9	Managing workaholism <i>Shahnaz Aziz and Katie Vitiello</i>	169
10	Mindfulness improves work engagement, wellbeing and performance in a university setting <i>Paul W.B. Atkins, Craig Hassed and Vincent J. Fogliati</i>	193
11	Meaningful work: some key questions for research and practice <i>Simon L. Albrecht</i>	210
12	Protean career orientation: a review of existing and emerging research <i>Lea Waters, Douglas T. Hall, Lan Wang and Jon P. Briscoe</i>	235
13	Creating flourishing organizations through organizational wellness programmes <i>Philip C. Gibbs, Breckon Jones and Wayne Burton</i>	261
14	Flourishing at work: improving wellbeing and engagement <i>Peter M. Hart, Peter Cotton and Clare E. Scollay</i>	281
<b>PART IV LEADERSHIP AND WELLBEING</b>		
15	Positive manager behaviour for engagement and wellbeing <i>Emma Donaldson-Feilder and Rachel Lewis</i>	315
16	Servant leadership and wellbeing <i>Alexandra Panaccio, Magda Donia, Sarah Saint-Michel and Robert C. Liden</i>	334
17	The leaders' guide to work-related stress <i>Kathryn M. Page, Hayden Fricke, Cary L. Cooper and Anthony D. LaMontagne</i>	359

**PART V THE WAY FORWARD – PUTTING IT ALL  
TOGETHER**

18	Integrating work and personal life <i>Paula Brough and Michael P. O'Driscoll</i>	377
	<i>Index</i>	395