

Acknowledgements

I have been interested in work and well-being since I had my first summer job at the age of 13 for 50 cents an hour. When it came time to specialize in graduate school at the University of Michigan I, not surprisingly, chose organizational psychology and upon graduation began working in schools of business where I have been employed ever since. As an organizational psychologist, I am interested in individual, family and organizational well-being and health. There are signs that we are falling short in these areas, hence this collection. I hope our readers get a better sense of their own flourishing in life, work and careers, and, if necessary, how to increase it.

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This book represents my first edited volume and I couldn't think of a more fitting topic. I consider myself extremely fortunate to be working in an area that contributes so positively to my own workplace wellbeing and mental health.

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I would like to thank all my PhD students over three decades for allowing me to flourish both academically and personally!

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