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References & Recommended Reading List

Achor, Shawn (2010) *The Happiness Advantage: The Seven Principles of Positive Psychology that Fuel Success and Performance at Work*

Dalai Lama and Howard C. Cutler (2004) *The Art of Happiness at Work*

Rao, Srikumar (2010) *Happiness at Work: Be Resilient, Motivated, and Successful – No Matter What*

Salzberg, Sharon (2013) *Real Happiness at Work: Meditations for Accomplishment, Achievement and Peace*

Thomas, Beth (2010) *Powered by Happy: How to Get and Stay Happy at Work*