

SANTASADŌ

Jacky van de Goor - 107 Game-Changers for Workday Bliss

Bite-sized Nuggets of Positive Psychology

BESTSELLERS | PERSONAL DEVELOPMENT | PSYCHOLOGY



Perhaps a familiar feeling: every day at the office is the same, the same rules and hassle, the same faces in the same meetings. If you and your colleagues could use a positive boost or a refreshing mental snack, then these game-changers are for you!

Wreck This Journal for the office!

Open the book at random, tear out the page and do the exercise. Instantly more positivity and fun. Do one every day or at times when you most need it. Alone, together with a colleague or with the whole team. For the necessary purpose, fun, wonder, and positive attention at work.

Scientifically nuts! Based on scientific evidence and insights from positive psychology. Short and simple, in a playful and stimulating package. With instant results. This is not a boring book to read, but a book full of seriously fun exercises for every day and every page features a hand-drawn illustration.

Published in November 2019 | Paperback | 112 pages | with illustrations | ca. 3,700 words

- Over 20,000 copies sold
- Dutch edition published by Thema Publishers

ABOUT THE AUTHOR



Jacky van de Goor is specialized in purpose and works as organizational coach, author, and researcher on happiness and vitality, in the workplace and in daily life.

RECOMMENDATIONS

'Provocative and immersive, a handy book with fun exercises that makes you think.' — **Shirley Hunneman**, organization advisor

'A fun and creative book to provoke a 'different' conversation with colleagues.' — **Eelke Pol**, manager

'A welcome addition in times where processes are being optimized and efficiency and effectivity are compulsory. The simple exercises will put a smile on your face (or your colleague's).' — **Renaldo Secchi**, staff advisor Nurse