

SANTASADŌ

Jacky van de Goor - 102 Game-Changers for Working With More Purpose and Vitality

Bite-sized Nuggets of Positive Psychology

PERSONAL DEVELOPMENT | PSYCHOLOGY



Do you feel the stress shooting through your body while your workday started just five minutes ago? Do you forget the purpose of it all because of everything you are trying to organize and pursuing? Do you come home feeling like a zombie every day or could you simply do with a small shot of positive energy? Then it is time for a game-changer!

Open this book at a random page, tear off the page and follow the instructions. Voila! You have had an instant boost for your vitality. Reconnect with the feeling that you are making a difference at work. Do one exercise every day or save them for the moments you desperately need them. Alone, together with your colleague or with the whole team.

Recharge your emotional, mental, and social battery and get back to work with purpose and pleasure. Responsibly crazy! Based on scientific insights from positive psychology. Short and simple, with a playful and stimulating twist. With immediate results.

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- Dutch edition published by Thema Publishers



ABOUT THE AUTHOR

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

READER'S REVIEWS

"The game-changers challenge you to look, think, and do things differently. While the tone is light, the book has the serious intention to break patterns using the insights of positive psychology. Jacky van de Goor earned her doctorate for her research on purpose. The game-changers are short and clear, one page per activity, appropriately and varyingly illustrated. A great gift for colleagues to do 102 game-changers every day. I think it will make you feel better."

Erwin van de Pol

"As Chief Happiness Officer I know how hard it can be to turn the insights from positive psychology into actions. This book puts the theory aside to deliver a bite-sized shot of positivity on each page. I recognize the scientific insights behind the exercises but you don't need the theoretic knowledge to start working with them. Wonderful to experiment with and put a smile on people's faces. I will definitely use these exercises and leave the book lying around here and there for inspiration and fun!"

Lotte van Strien

"It is such a brilliant little book! Each page has an exercise to experience purpose and vitality in your work. It offers an insight into what gives your work meaning and what gives it more vitality. It will improve the way you interact with colleagues and makes you think about enjoying doing your work."

Heidi Jansen

"Fun, humor, and a good atmosphere are essential aspects to create more happiness on the work floor. This book will definitely contribute to that."

Judith Gabriël

"Jacky van de Goor has succeeded in getting to the core of positive psychology in a playful, humorous, and practical manner. The game-changers are bit-sized and ready to use for teams or yourself. They encourage reflection, connection, and playfulness, and bring purpose back into your daily routine. A must-have for everyone who wants to bring a lightness to the work floor."

Wendy Eelsing