Book Review 14 The Art of Happiness at Work by The Dalai Lama and Howard C. Cutler, M.D.

William C. McPeck

Being Happy at Work - Go Figure, June 16, 2008, Rating: 3 Stars

This book resulted from an earlier work, The Art of Happiness, written by the same authors which took a more global look at the issue of happiness. Why look at the issue of happiness at work? A 2005 study by the Gallup Organization shows that just 20% of us are passionate about the work we do. A terrible statistic given that we spend at least one-third (and in many cases much more) of our day working.

I picked-up this book because much of my work as a consultive coach revolves around the arenas of worksite wellness and life-work integration, both of which are impacted by one's level of happiness. While this book does have some challenges, overall, I was not disappointed. For each of the topics presented, I liked how the book integrated Western psychological research and thinking with Eastern Buddhist philosophy.

This book clearly has a big picture - high level type of focus. If you are looking for daily practical tips and advice as to how to be happier at work, you will be disappointed by this book. If you are interested in learning about an overall happiness framework you can use to guide your life's journey towards a greater level of happiness, then I believe you will find the book valuable.

I found the book to have two challenges:
1. The book does drag along at times
2. I sometimes found it difficult to determine which of the authors was speaking, Was it the Dalai Lama or Dr. Cutler?