



The Corporate Wellness Bible: Your guide to keeping happy, healthy and wise in the workplace

Kate Cook

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One vital key to a flourishing career is your health. If you're tired, stressed, overweight or unhappy you're not going to be able to work as well as your healthier colleagues, which puts you at a disadvantage in the workplace. The Corporate Wellness Bible is an accessible, engaging and practical resource which provides you with numerous health and wellness insights, and suggests how they can be applied to everyday life. It is not intended to be a 'wagging finger', telling you what you should and shouldn't do; more of a good friend chatting with you over a cup of tea, giving some considered advice. Inside you'll find stacks of quick tips and hints to help you on your way to career wellness. Of course the ideas in The Corporate Wellness Bible won't just help with your work life; they will also leave you with energy to spare at the end of the working day for your family, friends and fun. You'll be more fulfilled, happier and better prepared for every day at work.

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