



The Work-Life Equation: Six Key Values That Drive Happiness and Success: Six Key Values That Drive Happiness and Success

William Maw

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This book supplies a simple, memorable, and effective formula to solve problematic behaviors in the work environment and life in general—a guidebook that will help readers move beyond mediocrity and achieve a happier, more successful lives.

- Presents a simple and practical formula with six key values that drive happiness and success in work-life: $(H,S) = f(4C,2R)$
- Explains why and how to deal with the complex need for self-awareness and self-improvement
- Shows readers how to apply the Pareto principle (or the 80-20 Rule) to address the majority of bad work-life behaviors
- Provides an in-depth review of each of the six key behaviors and ways to improve
- Supplies a self-assessment tool that enables readers to gauge how they measure up on each behavior spectrum

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