

# Hate Your Job? The Essential Guide to Improving Job Satisfaction Without Making a Career Change

Michelle Wood

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## Hate Your Job? The Essential Guide to Improving Job **Satisfaction Without Making a Career Change**

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#### Hate Your Job? The Essential Guide to Improving Job Satisfaction Without Making a Career Change Michelle Wood

From millennials to baby boomers, every day hundreds of thousands of people are faced with dissatisfaction in the workplace. Reformed job hater and author Michelle Wood knows it doesn't have to be this way. In Hate Your Job? The Essential Guide to Improving Job Satisfaction Without Making a Career Change, she provides step-by-step exercises and real-life examples to help individuals uncover and address the deeprooted causes of their unhappiness. This book is a must read for anyone who wants to live a healthier, happier and more fulfilling life.



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