APRIL 2021

Read@Work

Your Reading Supplement for Work and More

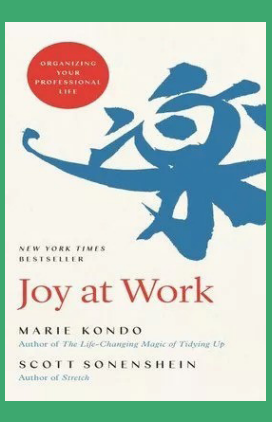
"YOU DON'T HAVE TO SEE THE WHOLE STAIRCASE, JUST TAKE THE FIRST STEP."

- MARTIN LUTHER KING, JR.

CURATED READS

Active Engagement

Contrary to popular belief, *you* do have some control over your day-to-day work experience. In fact, there are surprisingly simple strategies that you can employ that can dramatically transform the quality of your workday and engagement at work. Here is a list of practical advice, actionable tips and hacks to get you started.



Joy at Work: Organizing Your Professional Life

by Marie Kondo
Call no.: 650.1 KON -[BIZ]

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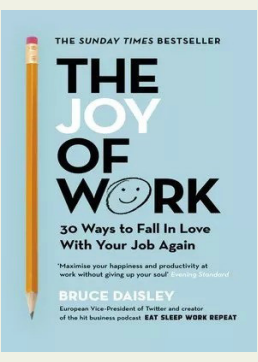
New York : Little Brown Spark, 2020.

How can we transform our personal workspaces such that they spark joy? Tidying expert Marie Kondo shares how we can apply the KonMari method into our professional lives to enjoy the productivity, success and happiness that comes with a tidy desk and mind.

Borrow the book here.

The Joy of Work: 30 Ways to Fix Your Work Culture and Fall in Love With Your Job Again

by Bruce Daisley
Call no.: 650.1 DAL -[BIZ]



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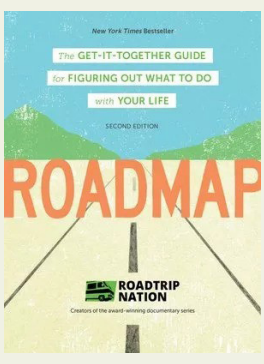
London: Cornerstone, 2019.

How can you engineer work fulfilment and make your work experience more enjoyable and conducive for productivity? Packed with empirically tested insights and practical answers, Bruce Daisley offers surprisingly simple strategies to help you rediscover the joy of work.

Borrow the e-book here.

Roadmap: The Get-It-Together Guide for Figuring Out What to Do With Your Life

by Nation Roadmap
E-book only



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Chronicle Books LLC, 2020.

Whether you are a new entrant or someone looking for a career change, figuring out *what* you want out of your professional life can be a daunting task. With actionable advice, inspirational stories and a self-mapped guide, *Roadmap* is a practical tool to planning a fulfilling and engaging career.

Borrow the e-book here.

How Self-Love Boosts Job Performance And Career Success

Forbes
Article

Self-Love is not just about long baths and treating yourself to good food (although that is great too!). It is also about being kind and compassionate to yourself after a misstep and this is surprisingly applicable in our professional lives.
In this article, learn why self-love is a key trait to thrive in your career and how you practise it at work.

Read more here.

WATCH THIS!

Four Secrets From Sports Psychology You Can Use in Everyday Life | BBC Ideas

THE HIT LIST

With a raging pandemic, climate-related disasters and rising tensions around the globe, there seems to be little to be hopeful for. Here are three reads to inject a dose of optimism in your lives.

Re-align how you think about world affairs with Hans Rosling's explanation on the ten instincts that distort our world views (*Factfulness*), challenge the assumption that man is innately violent with Rutger Bregman's compelling argument that the core trait driving mankind is our friendliness (*Humankind: A Hopeful History*), and learn what it takes to be truly content (*The Courage to be Happy*) despite a dreary 2021.

Borrow the e-books here.
(The Hit List collection)

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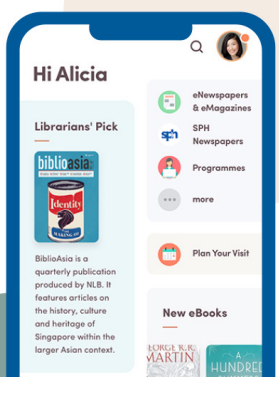

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NLB National Library Board Singapore