

# Acces PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

## **Flexible Working And Organisational Change The Integration Of Work And Personal Life**

A hands-on introduction to the fields of business and management, this comprehensive text unveils the theories behind management and organization via a practice-led, international approach. In this fourth edition, the book expands with six new chapters on digital business transformation, internationalization, corporate social responsibility, the future of work, human resource management, and culture. In addition, the book contains new, topical practical examples, and features a fully modernized layout. This comprehensive, practice-led text will be valuable for students of business, management and organisation globally. A companion website offers students multiple choice questions, practical cases, and assignments, whilst instructors can assess exams, cases, and college sheets.

The fifth International Telework Workshop was held in Stockholm in the fall of 2000. The conference was attended by almost 100 participants from all continents of the world. It therefore covered a broad range of subjects relating to Telework. Its success was in some part due to the work of the program committee composed of Birger Rapp (General Chairman), Maarten Botterman, Geoff Dick, Gil Gordon, Ursula Huws, Paul Jackson, Peter Johnston, Patricia L. Mokhtarian, Victor de Pous, Lars Qvotrup, Wendy Spinks and Reirna Suomi. After the conference we decided to write a book on the theme

# Access PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

"Organization and the future after 2000". Many of the participants as well as others were invited to contribute a chapter of about ten pages. The resulting book of almost 400 pages therefore provides a comprehensive overview of ongoing research in the field of Telework. Birger Rapp and Paul Jackson edited the book. The intended audience for this book spans disciplinary and professional boundaries. It primarily relates to the disciplines of Business and Management Studies, Information Management, E-commerce and E-business. In a broader sense, it relates to Sociology, Media Studies and Economics.

Recent years have yielded significant advances in computing and communication technologies, with profound impacts on society. Technology is transforming the way we work, play, and interact with others. From these technological capabilities, new industries, organizational forms, and business models are emerging. Technological advances can create enormous economic and other benefits, but can also lead to significant changes for workers. IT and automation can change the way work is conducted, by augmenting or replacing workers in specific tasks. This can shift the demand for some types of human labor, eliminating some jobs and creating new ones. Information Technology and the U.S. Workforce explores the interactions between technological, economic, and societal trends and identifies possible near-term developments for work. This report emphasizes the need to understand and track these trends and develop strategies to inform, prepare for, and respond to changes

# Acces PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

In the labor market. It offers evaluations of what is known, notes open questions to be addressed, and identifies promising research pathways moving forward. Transitions to Parenthood in Europe analyzes and compares the biographies of mothers and fathers in seven European countries. Focusing on how working people negotiate the transition into parenthood—and the work-life balances it requires—the contributors provide an in-depth understanding of working parents' real lives within a diverse set of national, workplace, and family contexts. With rich insights into how institutional policy and practices affect individuals and families, it highlights pertinent and sometimes challenging issues regarding the sustainability of contemporary lifestyles as people try to create a healthy, supportive home.

This book examines volatility, uncertainty, complexity and ambiguity (VUCA) and addresses the need for broader knowledge and application of new concepts and frameworks to deal with unpredictable and rapid changing situations. The premises of VUCA can shape all aspects of an organization. To cover all areas, the book is divided into six sections. Section 1 acts as an introduction to VUCA and complexity. It reviews ways to manage complexity, while providing examples for tools and approaches that can be applied. The main focus of Section 2 is on leadership, strategy and planning. The chapters in this section create new approaches to handle VUCA environments pertaining to these areas including using the Tetralemma logics, tools from systemic structural constellation (SySt) approach of psychotherapy and organizational development, to

# Access PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

provide new ideas for the management of large strategic programs in organizations. Section 3 considers how marketing and sales are affected by VUCA, from social media's influence to customer value management.

Operations and cost management are highlighted in Section 4. This section covers VUCA challenges within global supply chains and decision-oriented controlling. In Section 5 organizational structure and process management are showcased, while Section 6 is dedicated to addressing the effects of VUCA in IT, technology and data management. The VUCA forces present businesses with the need to move from linear modes of thought to problem solving with synthetic and simultaneous thinking. This book should help to provide some starting points and ideas to deal with the next era. It should not be understood as the end of the road, but as the beginning of a journey exploring and developing new concepts for a new way of management.

Organizational Change provides a discussion of change in relation to the complexities of organizational life, offering comprehensive coverage of the significant ideas and issues associated with change at all levels of organizational activity from the strategic to the operational and at the individual, group, organizational and societal levels. The book seeks to meet both the academic and applied aims of most business and management courses and is for both graduate as well as postgraduate business studies students

This volume delineates the ways in which key areas of healthcare, well-being, patient safety and organisational change overlap with and contribute to unhealthy

## Acces PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

workplaces for healthcare professionals. There is a growing realisation within healthcare that healthcare worker well-being, patient outcomes and organisational change are symbiotically linked. Burnout and stress in healthcare workers and toxic organisational cultures can lead to a cycle of patient neglect, medical errors, sub-optimal care and further stress. This topical volume therefore outlines the ways in which worker well-being, patient outcomes and organisational change can be aligned to contribute to a healthy workplace and therefore better medical care. The volume includes an array of authors from different disciplines including primary care, clinical medicine, psychology, sociology, management, clinical governance, health policy and health services research. It succeeds in integrating different voices and reaches meaningful conclusions to address the challenges facing the healthcare workforce. Based upon cross-national case studies of public and private sector workplaces, *Work, families and organisations in transition* illustrates how workplace practices and policies impact on employees' experiences of work-life balance in contemporary shifting contexts. *Flexible Work: Designing Our Healthier Future Lives* examines flexible working through the lens of social science, in particular using psychological perspective to address not only what forms of flexible working there are and how they are evolving but also their prospect in the future of work. Bringing together views from thought-leaders and underpinned by research evidence, this book addresses two of the most fundamental business challenges for large and medium organisations – mental

# Acces PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

health and productivity – calling for the bridging of science and policy to design flexible working for our future healthier lives. Growing from these foundations, this book explains the latest landscape in flexible working, looking at employee psychological health and productivity, including showing up for work sick. Perspectives are provided from around the world on leadership, line management, ‘over attachment’ with technology, commuting, skill-based inequality and control over working time. Readers are offered insights into the relevance of flexible working for a diverse workforce – invisible disabilities, disabilities, older workers and blended families. Throughout, the book offers suggestions for shaping future policy, practice and research. Each chapter concludes with recommendations, making this essential reading for students, academics, human resource practitioners, policy-influencers, policymakers and professionals interested in flexible work.

When New Zealand’s prime minister, Jacinda Ardern, announced her pregnancy, the headlines raced around the world. But when Scott Morrison and Josh Frydenberg became the first prime minister and treasurer duo since the 1970s to take on their roles while bringing up young children, this detail passed largely without notice. Why do we still accept that fathers will be absent? Why do so few men take parental leave in this country? Why is flexible and part-time work still largely a female preserve? In the past half-century, women have revolutionised the way they work and live. But men’s lives have changed remarkably little. Why? Is it because

## Acces PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

men don't want to change? Or is it because, every day in various ways, they are told they shouldn't? In *Men at Work*, Annabel Crabb deploys political observation, workplace research and her characteristic humour and intelligence to argue that gender equity cannot be achieved until men are as free to leave the workplace (when their lives demand it) as women are to enter it.

*Smart Flexibility: Moving Smart and Flexible Working from Theory to Practice* is an engaging and practical management book to help organisations implement Smart Working, and take a business-focused approach to 'Flexible Working'. Written for managers at the leading edge of change, Andy Lake takes a strategic, comprehensive and integrated approach to Smart and Flexible Working. Taking an evidence-based approach, he sets out how to achieve measurable benefits across the Triple Bottom Line. Starting from the underlying principles and the compelling context for change, he takes a pragmatic approach to delivering change in each of the key areas of People (HR), Property and Technology. The book is designed to help professionals understand the vital connecting points across disciplines as well as innovations in their own fields. And there are separate chapters that look at the real impacts for sustainability, the impacts for 'Smart Government', how to manage the 'Anywhere Anytime Team' and how to take people on the journey towards a Smart Flexibility organisational culture. The book includes many insights based on the author's experience and the latest research, many practical techniques for implementing change plus ten new case studies. *Smart Flexibility* is

# Access PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

essential reading for anyone involved in workplace change and increasing the efficiency of organisations. It is aimed at managers who need to deliver change, and will be of great interest to consultants in the fields of workplace design, new technologies and HR/OD/Training.

Brooks offers readers a succinct, lively and robust introduction to the subject of organisational behaviour. While aiming to encourage and promote the critical examination of the theory of organisational behaviour, this book also seeks to enable students to interpret and deal with real organisational problems. This new edition has major changes to the text to embrace international contexts and the modern realities of OB. It has proved a popular student choice because it combines relative brevity with thorough coverage and plentiful real-world examples. Popular features for today's organisational behaviour course include:

- More prominent organisational theory coverage – this key topic has been moved forward to provide students with an overview of the different ways OB can be looked at early on in the book.
- More coverage of modern communications technologies, cross cultural management, generational change and the gig economy.
- New and updated case studies and 'Managerial Implications' boxes help to broaden students' knowledge and understanding of OB in real organisations.
- 'Illustration in Film' boxes illustrate key ideas through famous films such as *12 Angry Men* and *The Devil Wears Prada*.

Your customers' demands are not constant. Many of the most able and talented potential employees cannot

# Access PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

or will not work regular hours. So why is your business still based around a 9:00-5:00 five day week? Flexible working enables your business to respond cost effectively to peaks and troughs in demand and helps you to attract and retain the best staff. This book shows you how to tailor a policy that is right for your organisation, make the business case, win over the doubters and implement and manage a system that will provide genuine competitive advantage for your organisation.

"The central aim of this book is to consider to what extent changes in organisations and in the nature of jobs are compatible with the need, increasingly expressed by employees, for greater integration between work and family life. The book questions what sort of dilemmas modern and future employees face, in terms of shaping their careers and organising their lives at home. The authors formulate answers to these problematic questions by shedding light on relevant developments in the European labour markets, the European workplaces, in (flexible) working patterns, changing preferences for working hours and in gender relations at work."

Human Resource Management: A Case Study Approach is ideal for all HR students with limited real-life experience of HR in the workplace. Covering all the essential HR topics including recruitment, reward, performance management, employment relations, health and safety and equality and diversity, this book expertly uses case studies of these activities and issues in the real world to truly show HR in practice. Closely structured around the changing role of the HR function,

# Acces PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

Human Resource Management: A Case Study Approach provides expert guidance on HR processes and practices in the modern workplace while also looking forward to the role of HR professionals in the future. Packed with case studies, international examples and global research, this is an essential resource for all students of HR from the beginning of their studies right through to graduation and into the workplace. Online resources include powerpoint slides and lecture notes for tutors and additional case studies and multiple choice questions for students.

Teleworking is an up-to-date, groundbreaking and comprehensive assessment of teleworking. It includes \* multidisciplinary contributions drawing on sociology, management science, economics, philosophy and information technology \* analysis of post-modern and post-industrial theoretical contexts \* a selection of empirical studies from across the world \* accounts of different modes of teleworking, from homeworking to centre-based working \* examination of the links between teleworking and the virtual organisation Wide-ranging, detailed and original, this book is a valuable introduction to teleworking and an important contribution to the debate on the future of the labour market.

New technologies and the growing flow of information create new conditions for individuals who use these technologies in the work place. The existence and application of modern IT systems can result in new forms of work, tasks that have actually emerged as a result of modern computer and other systems. This third Work Life 2000 Yearbook is pan-European in nature, and provides the researcher with valuable source material relating to the EU's response to the

# Acces PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

changing working environment.

This book makes use of a four country research programme, covering France, Germany, Great Britain and Japan.

Investigations and interviews at store, company and individual levels paint a picture of working times in the sector and in each of the countries. The volume provides some explanations for national differences as well as the similarities; supply and demand issues, as well as societal and social backgrounds. Large format food retailing is a major force in each country, employing millions in many different situations and conditions. This book suggests opportunities for retailers and employees to better manage their situations. Since its timid introduction onto the EC agenda in 1974, reconciliation of work and family life has developed into a fully-articulated principle. This book explores this journey and its implications for the EC legal order and society. It argues that as reconciliation issues continue to evolve they require constant reassessment.

Collective bargaining between employers and trade unions has profoundly changed working conditions in companies around the globe. But why do we start work at the age of 10, 16, 18 or 24? Why do we work 6, 8, 10 or more hours a day? These questions are becoming increasingly pertinent as working norms are fractured and fragmented by country. This book brings an entirely new perspective to our understanding of changes in working time. In both the UK and the US, effective legal or collectively-bargained regulation of working time has been limited over the last 20 years, to the extent that its disappearance is seen as almost unproblematic. Here author Jens Thoemmes sheds light on this transition and its economic implications with a fully evidenced sociological account, based particularly on original research into cases of working time standards in France and Germany. This book addresses the whole process of working time regulation over

# Acces PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

the last twenty years, evaluating the activities of trade unions, employers, and the State. While theories of industrial relations have already addressed the issue of markets in the context of collective bargaining, this book draws connections between time and markets, places these transitions in their historical contexts, and illustrates the importance of this movement crossing borders and cultures.

First published in 1998, this volume emerged in the context of rapidly developing nursing and health care fields and features contributions on areas in the NHS and private nursing including nurses' pay and education, the gender balance in the nursing labour market, working patterns, employment contracts and turnover. It is part of a series of monographs offers up-to-date reports of recently completed research projects in the fields of nursing and health care. The aim of the series is to report studies that have relevance to contemporary nursing and health care practice. It includes reports of research into aspects of clinical nursing care, management and education. The series is of interest to all nurses and health care workers, researchers, managers and educators in the field.

All OECD economies are undergoing rapid population ageing, leading to more age diversity in workplaces than ever before as people are not only living longer but working longer. This report presents a business case for embracing greater age diversity at the workplace and debunks several myths about generational differences in work performance, attitudes and motivations towards work.

Although today's family has changed, the workplace has not—and the resulting one-size-fits-all workplace has become profoundly mismatched to the needs of an increasingly diverse and varied workforce. As changes in the composition of the workforce exert new demands on employers, considerable attention is being paid to how workplaces can

# Access PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

be structured more flexibly to achieve the goals of employers and employees. Workplace Flexibility brings together sixteen essays authored by leading experts in economics, demography, political science, law, sociology, anthropology, and management. Collectively, they make the case for workplace flexibility, as well as examine existing business practices and public policy regarding flexibility in the United States, Europe, Australia, and Japan. Workplace Flexibility underscores the need to realign the structure of work in time and place with the needs of the changing workforce.

Considering the positive and negative consequences for employer and employee alike, the authors argue that, although there is not an easy solution to creating and implementing flexibility practices—in the United States or abroad—redesigning the workplace is essential if today's workers are effectively to meet the demands of life and work and if employers are successfully able to attract and retain top talent and improve performance.

Now in its second edition, this reader presents a critical examination of the changing structure of work in Canada and abroad. Its focus is on the role of Canadian labour in the globalized world. Contributors include David Livingstone, Pat Armstrong, Meg Luxton, Dave Broad, and other prominent Canadian scholars. Each of the seven themed sections begins with a contextual introduction by Vivian Shalla and concludes with critical thinking questions and suggestions for further reading. New to this edition: All new content: 14 up-to-date chapters reflecting the current state of research on work in Canada New section on informal care work More workplace-based chapters that provide a view "from the shop floor"

This very impressive Handbook takes established research topics about women in management and

## Acces PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

treats them in fresh and novel ways. The chapters are intellectually interesting, sound, and provocative, and meet the editors aspiration to stimulate high quality research on women s experiences in work organizations. I recommend it highly. Jean M. Bartunek, Boston College, US This comprehensive Handbook presents specially commissioned original essays on the societal roles and contexts facing women in business and management, the specific career and work life issues of women in these fields, organizational processes affecting women, and the role of women as leaders in business and management. The essays shed light on the extant structures and practices of society and organizations that constrain or facilitate women s representation, treatment, quality of life, and success. Despite decades of ongoing inquiry and increasing interest, research on women in business and management remains a specialized field without mainstream acceptance within business and management disciplines. The Handbook presents the current state of knowledge about women in business and management and specifies the directions for future research likely to be most constructive for advancing the representation, treatment, quality of life, and success of women who work in these fields. It provides the foundations for improved societal and organizational structures, policies, and relational practices affecting all in business and management.

## Acces PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

Thus, by enhancing the knowledge base that improves the work and life situations of women, it suggests ways to elevate the societal and organizational systems for all. The Handbook will be an essential reference source for recent advances in research and theory, informing both scholars of organization studies, gender, diversity, and feminism; human resource specialists; and educators of and consultants to business organizations and management.

Women make up the majority of university graduates. They enter the workplace in equal numbers with men. But many workplaces still operate with cultures developed over a century ago to reflect a predominantly male workforce and vastly differing social expectations. So all too often as women become parents they are forced to fix things in the only way they can - by downgrading their job expectations or dropping out of the corporate world. Anna Meller believes it's high time we #Upcycled our jobs and careers to fit today's lifestyles and meet women's changed expectations. Her PROPEL model offers ambitious working mothers new possibilities for progressing their corporate careers. In this book, Anna leads you through an evidence-based six step process that supports you in finding the balance you need. Practical exercises enable you to craft a working arrangement that meets your employer's expectations as well as your own aspirations, and to

## Acces PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

develop the key skills you need to maintain it.

As a social worker, you could work in a variety of different organisations, each with their own purpose, culture and structure. Understanding and examining the complex issues involved in the management and organisational context of social work practice is crucial for practitioners and managers. This book helps you to develop strategies for ethical, reflective and relational practice, covers key themes including leadership, supervision, risk and decision making and emphasises the importance of active participation for positive change. Thoroughly updated, and with new Practice Examples demonstrating the relationship between theory and practice, this is essential reading for both undergraduate and postgraduate students of social work, as well as practising social workers.

Transforming corporate organizations into high performance work systems poses formidable challenges to managers. It requires full use of resources, organizational structure and opportunities to achieve high levels of growth, productivity, profits, product quality and customer satisfaction. Such issues of organizational excellence are addressed in this book by eminent industry experts. High Performing Organisations-issues and challenges is a collection of selected research papers presented at the National Seminar at the Chhatrapati Shahu Institute of Business Education and Research

# Acces PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life (SIBER), Kolhapur.

Flexible working recognizes individuals' differing needs, lifestyles and life stages. It's about creating an environment in which people can achieve a work-life balance that leads to fulfilment inside and outside their place of work. The Flexible Working Pocketbook looks at the reasons for creating a flexible working environment and at the benefits for the individual and for the employer and its customers. Flexible working options are many and varied. They involve an organisation changing where, when and how their employees work. The Flexible Working Pocketbook explores the different options for flexible working, looks at how to introduce flexibility across the organisation, how to encourage 'flexible behaviour' and how to measure its success. "Narratives of Organisational Change and Learning" investigates change and learning through the comparative and contextual analysis of organisational stories. It focuses on how organisational actors make sense of and learn from profound change as exemplified by three manufacturing firms from Britain, South Africa and Russia. The interaction between organisational change and wider social, economic and political changes in the organisations' environments and their impact on the organisational actors' identity is examined. The book also explores the complex responses to organisational change epitomised by

## Acces PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

patterns of stories prevalent in each of the three organisations, as well as the important insights into often unacknowledged narrative processes of learning which result from profound change.

Social changes including an increase in dual-earner families, declining fertility, and growing problems of work-life 'balance' are underway as more women, particularly mothers, enter and remain in paid employment. The authors explore this in a number of European countries (Britain, France, The Netherlands, Finland, Norway, Sweden and Portugal).

Financial organizations, like many others, are undergoing radical change. This is affecting both their organizational processes and the technology that supports those processes. This book reports on the use of sociological ethnography in helping guide these changes, both in terms of helping better understanding and redraw work processes and through providing more accurate and flexible understanding of the role technology plays. It places the reported research in context by contrasting it with those approaches more commonly associated with change, including business process engineering, participative design and soft systems methodologies. The book explains what are the benefits of ethnography, as well as the potential it has in helping achieve more desirable change in any and all organizations, financial services included. The book

# Acces PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

will be of interest to all international researchers concerned with organizational and technological change, as well as managers of organisational development. It will also interest advanced students in sociology, anthropology, management science and organizational studies. The authors have published widely in the various disciplines associated with organizational life and technology design, and have built a considerable reputation for bringing new sociological insights into the organizational change literature.

There is growing interest in flexible working, not only as a means to manage labour more efficiently and for greater agility, but also as a response to increasing concerns over well-being, work-life balance, and participation in the labour force of those with significant non-work commitments (e.g. parents, carers, older workers). As a result, a comprehensive stream of literature on the benefits and challenges of flexible working has developed and led to a body of evidence on the implementation and outcomes of different forms of flexible working arrangements. This book assesses the current state of this literature as follows: Background: the authors review the different definitions that have been proposed, policy developments, availability and uptake. Outcomes from flexible working: the main chapters focus on the outcomes for employers (e.g. performance, employee retention, organisational commitment etc.), as well as for individual employees (e.g. well-being, job satisfaction etc.). Evaluation of extant knowledge: the authors comment on the existing literature and consider the methodological approaches adopted in the literature. Conclusion: suggestions for future research are proposed. Of interest to students, academics

# Access PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

and policy-makers, this book provides an expert overview of the empirical evidence and offers critical commentary on the state of knowledge in the field of flexible working and new forms of work.

Mobile working and remote working from home or a small office, using phone, PC, fax and narrowband Internet is a rapidly increasing practice. The many well-documented benefits of working this way include higher productivity, more time spent with the family and local community and less time wasted commuting. At a community level they include benefits to the environment through substituting physical transport by telecommunications, and re-vitalisation of rural communities. Yet, people who work mainly this way face severe problems: a loss of contact with the office grapevine, the out of sight, out of mind syndrome, and exclusion from vital ad-hoc meetings and tutorials. Another major problem is slow speed of communication. This volume summarizes how technologies can revolutionise flexible working practices and go a long way towards solving the isolation problems of flexible workers.

Understand how to design and implement reward management in the workplace

When New Zealand's prime minister, Jacinda Ardern, announced her pregnancy, the headlines raced around the world. But when Scott Morrison and Josh Frydenberg became the first prime minister and treasurer duo since the 1970s to take on the roles while bringing up young children, this detail passed largely without notice. Why do we still accept that fathers will be absent? Why do so few men take parental leave in this country? Why is flexible and part-time work still largely a female preserve? In the past half-century, women have revolutionised the way they work and live. But men's lives have changed remarkably little. Why? Is it because men don't want to change? Or is it because, every day in various

# Acces PDF Flexible Working And Organisational Change The Integration Of Work And Personal Life

ways, they are told they shouldn't? In *Men at Work*, Annabel Crabb deploys political observation, workplace research and her characteristic humour and intelligence to argue that gender equity cannot be achieved until men are as free to leave the workplace (when their lives demand it) as women are to enter it. "Women's surge into the workplace has been profound over the last century. But it hasn't been matched by movement in the other direction: while the entrances have been opened to women, the exits are still significantly blocked to men. And if women have benefited from the sentiment that 'girls can do anything,' then don't we similarly owe it to the fathers, mothers and children of the future to ensure that 'boys can do anything' means everything from home to work?" —Annabel Crabb, *Men at Work*

Developments in IT and communication technology, coupled with the global 24 hour market, have led to boundaries between work and personal life becoming ever more blurred, while work/life policies and practice struggle to keep up. This book aims to challenge traditional thinking on work life balance, and to explore different ways of promoting change at many levels. It provides a historical overview of the topic, critiques contemporary approaches and offers creative ideas for integrating work and personal life in local, national and global contexts.

We are told that 'work is good for us' and that ill health is caused by 'individual lifestyles'. Drawing on research from public health, social policy, epidemiology, geography and political science, this evidence-based inter-disciplinary book firmly challenges these contemporary orthodoxies. It systematically demonstrates that work - or lack of it - is central to our health and wellbeing and is the underlying determinant of health inequalities. Work is the cornerstone of modern society and dominates adult life with around a third of our time spent working. It is a vital part of self-identity and for

