



# **The H-Factor, A Business Guide to Positive Psychology, How Happiness Will Improve Your Bottom Line and Help Your Organization Thrive**

*Douglas Mason*

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The H-Factor is a Business Guide to Positive Psychology which shows just how important Positive Emotion is to an organization. Using the latest research from Positive Psychology, the book explores why some people are happier than others, why an employer should care about employee happiness, the benefits of experiencing more positive emotion, and how a happier workforce will lead to reduced expenses, increased profits and a thriving organization.

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