

**HAPPY HOUR IS 9 TO 5: HOW TO LOVE  
YOUR JOB, LOVE YOUR LIFE, AND KICK  
BUTT AT WORK (YOUR BEST SELF) BY  
ALEXANDER KJERULF**



ALEXANDER KJERULF

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# **HAPPY HOUR IS 9 TO 5: HOW TO LOVE YOUR JOB, LOVE YOUR LIFE, AND KICK BUTT AT WORK (YOUR BEST SELF)**

## **BY ALEXANDER KJERULF PDF**

Hard day at the office?

We should expect more from the 9 to 5, argues entrepreneur and happiness expert Alexander Kjerulf. Managers should make it a priority too: this book is packed with data that shows that happier people are more productive, more innovative, more motivated, deliver better customer service AND handle change better.

Happiness at work may sound a pipe dream but achieving it is actually quite possible. First, we need to understand what it's not. It's not about high-fiving and cheerleading (although it could be for some people). It's not about eliminating all the bad stuff from our job – it's about being happy at work even though some of those bad things are present.

Research across 30 countries shows that happiness at work rests on results and relationships. Happy Hour is 9 to 5 gives detailed, practical advice on building the skills and energy to improve both.

Here you'll learn how to deal with everything from nightmare bosses, bullies, miserable co-workers, long-running conflicts, stifling bureaucracy and management who refuse to see anything beyond the bottom line.

It's also full of inspiring real-life stories: of a temp worker cheering up her co-workers with small, random acts of kindness. A group of nurses rebel against the hospital's sour mood and turn their ward into a happy place. A programmer at a bank learns what it takes to turn his department from boring to fun.

Alexander speaks from his own experience, both as co-founder of the Danish IT Company Enterprise Systems and as an expert on workplace happiness for clients including Hilton, Microsoft, Lego, Ikea, Shell, HP and IBM. His work has been featured in the Sunday Times, New York Times?, and BBC Radio 4's In Business. [www.positivesharing.com](http://www.positivesharing.com)

Happy Hour is 9 to 5 is an outstanding book because it reminds us of the importance of our health and wellbeing. Read this book!' Professor Cary L. Cooper, CBE

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Blah

By Jeffr0

There's nothing new here. Don't bother. I'm not as happy as I was before I spent [...]

7 of 7 people found the following review helpful.

Happiness and success. Which comes first?

By L. David Marquet

Success and happiness: we have it backward.

Traditional thinking is that if we are successful, we'll be happy. In our organizations, leaders think that once the company has some success their people will be happy and morale will improve.

This is fundamentally backward.

Happiness comes first, and once we have happy people, the company will be successful. Once we are happy, we will be successful.

What makes us happy? Alexander Kjerulf in his book, *Happy Hour* is from 9 to 5 lists the following 6 things:

1. Be positive.
2. Learn.
3. Be open.
4. Participate.
5. Find meaning.
6. Love.

Kjerulf's focus is mainly on your responsibility for your own happiness at work but as leaders we can have a big impact on the happiness of those around us. All you need to do is just order people to be happy, right? We all know that won't work.

What can we do as an organization to invite people to happiness? Let's look at Kjerulf's list again.

1. Be positive. We can focus on success and what we achieve as opposed to avoiding errors. Michael Jordan said "I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot, and I missed." If we just focused on errors, we would assess this basketball player as a failure.
2. Learn. Growth is key to happiness. Stagnation is lethal to happiness. Not only can we develop a learning culture with respect to our work, we can encourage, support, and pay for employees who want to learn new skills outside of work. Steve Jobs credited his study of calligraphy as a key part of his thinking on the design of the Mac.
3. Be open. Honesty and trust at work are critical and you have the biggest impact on this. When people feel they are constantly being judged with an eye toward documenting a case to getting fired, they won't be honest. This hurts business. It is also bad for employees home lives. Since they can't release the frustrations of work at work because of fear, they take them home and release the toxins there. Not good for relationships.
4. Participate. This is where I think leaders can have the greatest impact: give people control, don't take control. this invites participation in a big way.
5. Find meaning. Whether it's understanding your Why or establishing organizational clarity, ensure your company is first, honest about what they are trying to achieve, public about it, and practice it.
6. Love. Kjerulf's interpretation of love is action oriented. In other words, love isn't something you feel, it's something you do. He gives examples of behaviors that will improve interpersonal relationships and improve the environment for love. For example, give full attention to the person you are talking with, simple and true.

And, as a bonus...happiness makes you healthier as well. Kjerulf cites a study where 21,900 nurses were monitored and the findings were that unhappiness and stress at work was as bad for your health as smoking.

Let's work on setting the conditions for our people to be happy, and success, and profits, will follow.

1 of 1 people found the following review helpful.

This book could make you a believer!

By Bernard De Koven

It takes an exceptional, or brave, or terminally naive person to write a book with a title like "Happy Hour is 9 to 5" and then to go on and claim that the book is about loving your job. Loving? Your job? Come on! Everyone knows what work is really all about: boredom, repression, intimidation. How could anyone claim otherwise.

Well, this Kjerulf guy not only has the audacity to make the otherwise kind of claim, he has the intelligence, the spirit, and the experience to prove it.

Open the book. Open yourself to the possibility. The more you read, the more you begin to believe that you really could be loving your job, and even the people you work with. You could even be, gasp, having, gasp again, fun.

It'll take you maybe 10 pages before you begin to suspect that this guy actually knows what he's talking about. Another ten pages to think that even the very job you're enduring right now, hour after hour after day after week, could become something you look forward to. By the time you're a third of the way through, you start seeing possibilities. You begin to discover that none of the ideas Kjerulf has for how you can make your job more meaningful, more interesting, more fun, none of them is impossible, none of them is even that difficult to implement.

And by the time you finish reading, you find yourself feeling excited, about your job! About what you can make it become. And it all seems so easy. So common sense. So darn possible.

Read this book. It is a gift.

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