



Fun at Work: A Journey of Acceptance, Joy and True Meaning

Kathryn Owler

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Are you unhappy at work? Do you ever wonder if you are in the right job? Do you find it hard to be yourself at work? Would you like more fun, excitement or stimulation in your work life?

In *Fun at Work*, Dr Kathryn Owler recounts her personal story in a light-hearted but insightful fashion, sharing key strategies to achieving a truly satisfying and meaningful work life.

Dr Owler has been in pursuit of fun at work for many years, carrying out academic research on the topic but also by learning hands-on through her own tussles with life. Her sometimes torturous and often humorous journey will provide inspiration for anyone looking to harness the power of fun at work.

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