



Secrets of a Happy Healthy Working Girl: A Small Change Approach to Wellness at Work

Kimberly Petrosino

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Life is short and there's not a second to waste. Learn how to change the 9 to 5 game with "Secrets of a Happy Healthy Working Girl"! Work life, home life. Does it ever seem like you can only have one or the other? Not anymore! Over the last decade and a half, I've picked up a few tricks for becoming a truly happy, healthy working girl and I'm excited to share them with you all now. Learn how to embrace your morning commute, stay healthy at happy hour, maintain good coworker relationships, avoid the mid-afternoon slump, and get excited about Mondays! (You heard me right!) "Secrets of a Happy Healthy Working Girl" contains everything you need to strike your perfect balance between home and work. Say goodbye to workplace stress and hello to the best of both worlds. Monday? Bring it on. Friday? That's cool too.

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