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In *Alive at Work: The Neuroscience of Helping Your People Love What They Do*, Cable explores this phenomenon and presents some possible ways that we may rectify this is Daniel M. Cable is a social psychologist and professor of organisational behaviour at the

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London Business School and he has seen this kind of thing in practice.

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"Alive at Work offers an illuminating look into our minds and emotions--what inspires us, what

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alive at work. Here ' s a real- life example. When Tom started his gig after col-lege designing and maintaining the website of a Big 4 account- ... the late pioneer of affective neuroscience, said it best:

“ When the seeking systems are not

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active, human aspirations remain
frozen

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Professor Cable's *Alive At Work* is an insightful and easy-to-read book. His conversational, engaging style makes the 170+ pages go quickly. Professor Cable distills complex aspects of neuroscience and applies them to the workplace--explaining much about why employees check out versus

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The early experiments with Cable 's suggested activities have mostly been in white-collar professions or among students, so it remains to be

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seen how they would work in other settings. But in general, *Alive at Work* offers good news for people suffering from stress or boredom at work. It tells us that those feelings are normal—rooted in biology, how our brains are responding to the modern work environment—and that we can

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change them through a few simple actions.

How to Feel More Alive at Work | Greater Good

In *Alive at Work*, social psychologist Dan Cable argues that the reason for all the unhappiness is biological:

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organizations, in an effort to routinize work and establish clear-cut performance metrics, are suppressing what neuroscientists call our Seeking Systems, the part of our brain that craves exploration and learning.

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In *Alive at Work*, I show that the reason for all the unhappiness at work is biological: organizations, in an effort to routinize work and establish clear-cut performance metrics, are suppressing what neuroscientists call our ‘seeking

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