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Being presents cutting edge research combined with personal stories to illustrate how women can thrive despite the challenges they face. After surveying and interviewing over a thousand women, Beth Cabrera has identified a simple, yet powerful model for enhancing well-being. -- From Author website.

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Encore -- Beyond Happy : Women, Work, and Well-Being ...

Join the Women of Georgia Tech Employee Resource Group as we engage in an intimate discussion with renowned scholar and author, Beth Cabrera, as she shares insights from her book Beyond Happy: Women, Work, and Well-being.

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This special event is hosted in celebration of Women's History Month. Faculty, staff, and students are welcome to attend.

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Women, Work, and Well-Being

People often have a poor understanding of what makes them happy, and this applies at work, too. To figure out what really matters to employees, we analyzed data from our app, Happify.

**If You Want to Be Happy at Work,
Have a Life Outside of It**

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And with women, well, how are these women going to kind of go above and beyond for their paid work, whilst also managing all this elder care, childcare, whatever it might be.

We're Beyond Stretched - Harvard Business Review

At work, connect with other mothers

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either informally, or through structured women's groups. "You need to be able to go out there and be able to socialize with like people," says Yasgoor.

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at work Published Tue, Apr 2 2019 8:00
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Today marks the 355th birthday of the Royal Marines! As Captain-General of the Royal Marines, The Duke of Sussex would like to wish all past and present members a very Happy Birthday, and a special thank you for all your efforts in serving and protecting this great country.

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The Duke and Duchess of Sussex on Instagram: “Today marks ...

Carl's Jr.: Get a free Beyond Famous Star with Cheese when you say “Happy Birthday Beyond” at the register and buy a medium or large soft drink, from 6 a.m. to close Friday.

Free food for Beyond Day: Get free

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This article, written by Amber Fletcher, University of Regina; Christie Newton, University of Regina, and Gina Grandy, University of Regina, originally appeared on The Conversation and has been republished here with permission:.

Although women have played crucial roles throughout the history of Canadian

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BEYOND LOCAL: How to combat the sexism faced by women ...

Many women tend to have some sort of insecurities about their bodies. Whether it's a specific body part or even as a

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whole, women in today's society often feel the pressure to be "perfect" and attractive. As much as they should be confident and proud of their bodies and who they are, sadly, some women just don't feel that way.

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