



The tools to address work-life and productivity concerns of the entire enterprise



Well-BeingEssentials

Sample Topics

Learn memory-boosting techniques to increase mental agility

Find how the value of slowing can get you further ahead

Get to-the-point and immediately useful time-management tips and down-to-earth ideas that actually work in the real world

Find a simple approach to fitness to tone up, lose weight, and look and feel great

Enjoy increased productivity with healthy, well-balanced employees. Rising medical costs are no longer the primary concern facing senior management as many studies have shown recently that there is a direct correlation between employees' well-being and their productivity in the workplace. Absenteeism and presenteeism are now eating away at the bottom-line of the most successful companies.

Well-BeingEssentials™, a collection from Books24x7®, supports the enterprise at all levels with the tools it needs to foster a high performance organization. The breadth and depth of the collection provides a broad spectrum of issues to support the diversity of the workforce — recent graduates just entering the labor force, time-challenged parents, and baby boomers looking toward retirement. Well-BeingEssentials recognizes that work/life balance is a key factor in the overall health of employees so the range of titles extends from health maintenance to personal happiness to financial stability, and is a powerful complement to a corporate employee assistance program (EAP). The Well-BeingEssentials collection includes numerous topics such as:

- Weight Loss
- Personal Finance
- Emotional Well-Being
- Relationships
- Health Challenges
- Stress Management
- Career Transitions
- Healthy Eating
- Adoption
- Parenting
- Grief & Loss
- Substance Abuse

