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New Book Addresses Employee Well-being from the Lens of Spirituality

BOULDER, CO - Modern Wisdom Press is pleased to announce the release of Dr. Jessica Grossmeier's debut book, *Reimagining Workplace Well-being: Fostering a Culture of Purpose, Connection, and Transcendence*.

This new book integrates proven best practices from workplace well-being research with decades of management science research on workplace spirituality.

Many workplaces are failing to foster an environment that helps their employees to thrive, significantly impacting their bottom line. A national survey of working Americans found that in December of 2021, nearly 60 percent were experiencing burnout, an increase of 20 percent since the previous year. Voluntary quit rates continue to skyrocket, and employers are seeking strategies to bolster their approach to employee well-being.

"I decided to write this book because I am convinced the workplace has a role to play in supporting employees more fully in their well-being journey," says the book's author. "This includes being able to navigate the tough life questions about meaning, purpose, and what matters most in life."

Through science-backed insights, organizational case studies, and the author's personal story from burnout to thriving, *Reimagining Workplace Well-being* engages readers' minds and hearts with an evidence-based approach showing organizational leaders how to:

- Assess whether well-being efforts incorporate a best practices approach
- Identify areas of worker well-being that need to be strengthened
- Make the business case for a more holistic approach to well-being
- Identify strategies to engage senior leaders, mid-level managers, and frontline employees
- Strengthen a blueprint for an employee well-being initiative that yields business results

For more information and reader reviews, visit www.jessicagrossmeier.com/book or visit [Amazon](#).

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About the Author:

Jessica Grossmeier, PhD, MPH is an author, speaker and advisor working with employers, and the well-being service providers who serve them, to identify evidence-based strategies and practices that promote workforce well-being. She has published more than 80 articles in peer-reviewed and industry professional journals and has presented at more than 100 industry conferences, events, and webinars as well as serving as a judge for national well-being award programs including the C. Everett Koop National Health Award.