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Study after study has shown that

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most workers do not feel engaged in their work. This indifference costs billions of dollars in sick days and low productivity. More importantly from an individual perspective, disengagement takes a huge toll on people's well-being when they feel

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Yes, we should, says author  
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Evidence-Based Strategies to Thrive in Your Career, she makes the most compelling case yet that career satisfaction—and the full engagement that comes with it—is more important than ever in today's workplace.

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## Ditch Your Inner Critic At Work: Evidence-Based Strategies ...

Yes, we should, says author Susan Peppercorn. In her new transformative book, *Ditch Your Inner Critic at Work. Evidenced-Based Strategies to Thrive in Your Career*, she makes the most

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compelling case yet that career satisfaction—and the full engagement that comes with it—is more important than ever in today's workplace.

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Your Inner Critic At Work

Next time your inner critic starts doubting on you, welcome him/her like an old friend that has come over for a cup of tea way too late at night/early in the morning. Give them a hug, have a cup of tea, then kindly show your inner critic the way out,

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reminding him/her that 'you got this'. Then continue on with whatever awesome thing it is that you were doing. And if there's a knock at the door? Ha! Yes, it's not that easy. But now, the next steps are up to you.

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Susan Peppercorn's book, *Ditch Your Inner Critic*, is the book you need to help you make the next step in your career. This book uses evidence based strategies to give you the roadmap you need to reach your ultimate career fulfillment.

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How does our inner critic hold us  
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Ditch your inner critic: Guest -

Susan Peppercorn — James ...

How does our inner critic hold us back from living a life we're truly passionate about and finding a career we love? In our 100th Happiness at Work episode, Susan Peppercorn explains why



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development, psychology and social science to making better life decisions for career growth. I admire the way she takes empirical, validated research, and makes the insights usable for your everyday thinking.

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back when, we were young  
moms, balancing a kid or two (or  
more) on one hand, and a  
household and perhaps a job on  
the other. Our lives were hectic  
and we were constantly ...

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Better After 50 Based Strategies

But your Inner Critic has got your best interests at heart. Yes, I'm ducking behind the screen right now to avoid the tantrums and rotten tomatoes that could be lobbed my way for saying that. The thing is that your Inner

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Critic's biggest job is to protect you. I know it might not feel that way when our hearts are singing the song of something exciting and that voice in our heads is ranting about why it's a crazy thing to do.

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