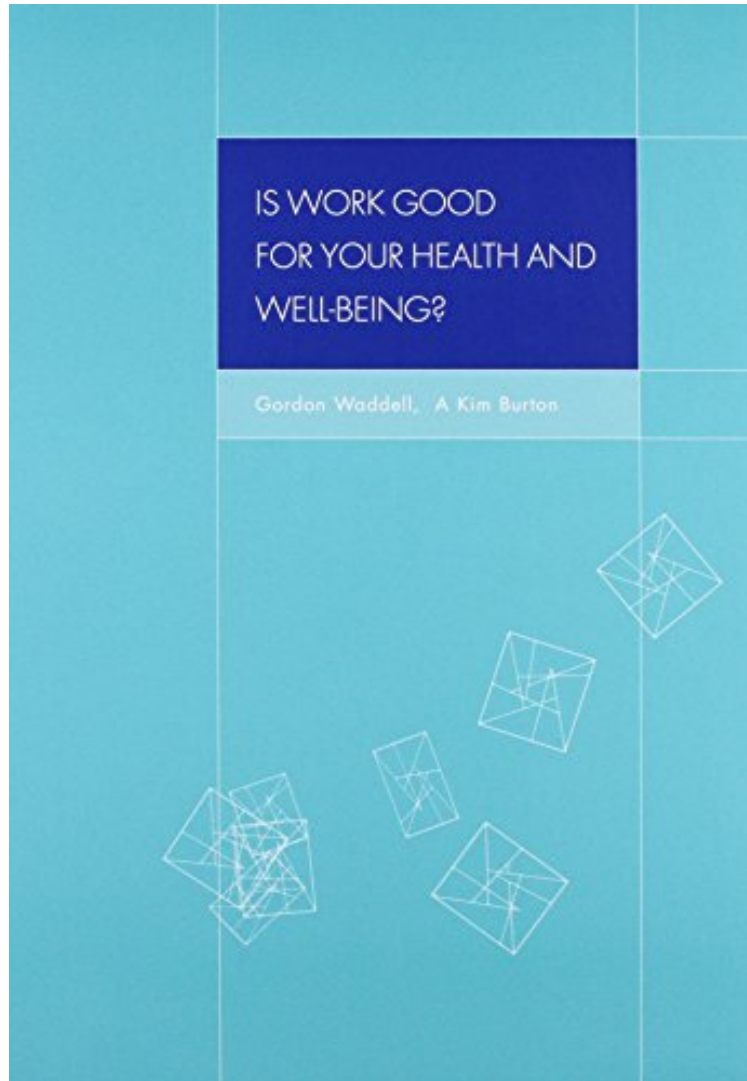


[E-BOOK] Is Work Good for Your Health and Well-being?

Is Work Good for Your Health and Well-being?

Gordon Waddell, A. Kim Burton
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Gordon Waddell, A. Kim Burton : Is Work Good for Your Health and Well-being? before purchasing it in order to gage whether or not it would be worth my time, and all praised Is Work Good for Your Health and Well-being?:

Increasing employment and supporting people into work are key elements of the Government's public health and welfare reform agendas. This independent review, 'Is Work Good for Your Health and Well-being?', commissioned by the Department for Work and Pensions, examines scientific evidence on the health benefits of work, focusing on adults of working age and the common health problems that account for two-thirds of sickness absence and long-term

incapacity. The study finds that there is a strong evidence base showing that work is generally good for physical and mental health and well-being, taking into account the nature and quality of work and its social context, and that worklessness is associated with poorer physical and mental health. Work can be therapeutic and can reverse the adverse health effects of unemployment, in relation to healthy people of working age, for many disabled people, for most people with common health problems, and for social security beneficiaries.