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are not active,  
human  
aspirations  
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creativity, and

purpose fizzing

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Dan Cable's new book. We've all seen the oft-cited Gallup poll that reports that an alarming majority of the workforce is disengaged and unmotivated. In *Alive at Work*, social psychologist Dan

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Cable argues that the reason for all the unhappiness is biological: organizations, in an effort to routinize work and establish clear-cut performance metrics, are suppressing what neuroscientists

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The early  
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suggested

activities have  
mostly been in  
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professions or  
among students,  
so it remains to  
be seen how they

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would work in other settings. But in general, Alive at Work offers good news for people suffering from stress or boredom at work. It tells us that those feelings are normal—rooted in biology, how our

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brains are  
responding to  
the modern work  
environment—and  
that we can  
change them  
through a few  
simple actions.

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