## Contents

**Introduction**  
What My Dog Taught Me about Loving My Job  

**Chapter 1** Curing the Workplace Blues  
Should You Switch Careers?  
Chin Up!  
Take It Up a Notch  
Loving Your Job  
The “HOVER” Approach  
Get a Grip  
How to Use This Book  

**Chapter 2** Creating the Blueprint for Your Dream Job  
Map Your Future  
Your Past Isn’t Prologue  
Nothing Is Forever  
Look at the Big Picture  
What Would Make You Love Your Job?  
What Are Your Work Goals?  
Adopt New Ways to Envision Your Career  
Chapter Recap  

**Chapter 3** Do an MRI on Your Work and Your Life  
Create Your Job “Budget” Sheet  
What Does Your Work Really Mean To You?  
Write in Your Journal Every Day for a Week
# Contents

## Chapter 7  How to Upgrade Your Game
- The Benefits of Learning New Tricks 122
- Learning and Healthy Aging 123
- Getting Over the Hurdles 128
- Chapter Recap 135

## Chapter 8  How to Have the “What’s Next?” Talk with Your Boss
- The Time Is Now 138
- Questions to Ask Yourself before the Big Meeting 140
- Your Plan-and-Prepare Strategy 142
- Carrying Out the “Ask” 146
- Chapter Recap 158

## Afterword 161

## Resources 165
- Ideas for Further Reading 165
- Helpful Career Happiness Web Sites 169

## Acknowledgments 173

## About the Author 175

## Index 177