

The Key to Healthy, Engaged Work: Seeking Challenges and Reducing Hindrances

Nicholas Aramovich, PhD

References

- Bakker, A. B., Demerouti, E., & Sanz-Vergel, A. (2014). Burnout and work engagement: The JD-R approach. *Annual Review of Organizational Behavior, 1*, 389–411.
- Crawford, E. R., LePine, J. A., & Rich, B. L. (2010). Linking job demands and resources to employee engagement and burnout: A theoretical extension and meta-analytic test. *Journal of Applied Psychology, 95*(5), 834–848. <http://doi.org/10.1037/a0019364>
- Davenport, T. (2015). The good stress strategy: How managers can transform stress into fulfillment. *Employment Relations Today (Wiley), 42*(3), 9–20. <http://doi.org/10.1002/ert.21520>
- Harter, J. (2016). *Moneyball for business: Employee engagement meta-analysis*. Retrieved from <http://www.gallup.com/businessjournal/191501/moneyball-business-employee-engagement-metaanalysis.aspx>
- Maslach, C., Jackson, S. E., & Leiter, M. P. (1996). Maslach burnout inventory - General survey. In *The Maslach Burnout Inventory: Test Manual* (3rd ed.). Palo Alto, CA: Consulting Psychologists Press.