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Professor Cable's
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insightful and easy-to-read book. His conversational, engaging style makes the 170+ pages go quickly. Professor Cable distills complex aspects of neuroscience and applies them to the workplace--explaining much about why employees check out versus being engaged

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The early experiments with Cable's suggested activities have mostly been in white-collar professions or among students, so it remains to be seen how they would work

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and establish clear-

cut performance

metrics, are

suppressing what

neuroscientists call

our Seeking Systems,

the part of our brain

that craves

exploration and

learning.

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In *Alive at Work*, I show that the reason for all the unhappiness at work is biological: organizations, in an effort to routinize work and establish clear-cut performance metrics, are suppressing what neuroscientists call our 'seeking

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Organizations are
shutting off the part of
our brain that craves
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