

The Secret to Happiness at Work

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Every year, Gallup [asks](#) a sample of American adults what might seem to be a rather loaded question: How much do you like your job? The results may surprise you. The portion who say they are “completely satisfied” at work has risen dramatically over the past two decades, from 41 percent in 2001 to 55 percent in 2019. In 2020, despite the fact that millions of Americans had shifted to remote work, 89 percent said they were either “completely” or “somewhat” satisfied.

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