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Praeger Self-Improvement Title Wins 2016 Benjamin Franklin Book Award

The Work-Life Equation: Six Key Values That Drive Happiness and Success recognized in Psychology category

Santa Barbara, Calif. (Apr. 19, 2016) – Happiness may sometimes seem elusive. In *The Work-Life Equation: Six Key Values That Drive Happiness and Success*, however, author William L. Maw simplifies happiness into one simple equation that anyone can follow, earning *The Work-Life Equation: Six Key Values That Drive Happiness and Success* a Silver Medal in the Psychology category of the 2016 Independent Book Publishers Association (IBPA) Benjamin Franklin Book Awards.

For 28 years, the Benjamin Franklin Book Awards have been touted as one of the highest national honors in independent and self-publishing. Administered by the IBPA with help from over 150 publishing professionals and featuring over 50 categories each year, the Benjamin Franklin Book Awards honor the best new titles in independent publishing, as well as first books from beginning writers and publishing companies that demonstrate excellence in editorial and design.

What is the secret to happiness? According to Maw, it's $(H,S) = f(4C,2R)$. That is, Happiness and Success may be realized through the four C's—Cooperation, Consideration, Compassion, and Courtesy—and the two R's: Respect and Responsibility. A business executive, social entrepreneur, and mentor, Maw stresses the need for self-awareness and a concomitant desire to continuously improve oneself. He devotes one chapter to each of the six values, explaining in-depth the reasons to adopt them if one is to live a balanced and positive life.

Related compassionately and with a sense of humor, the advice in *The Work-Life Equation: Six Key Values That Drive Happiness and Success* is sure to be appreciated by employees in the corporate workplace, educators and students, business executives, and individuals driven to become their best self.

The Work-Life Equation: Six Key Values That Drive Happiness and Success (hardcover, \$37.00) is available for direct purchase at www.abc-clio.com and through all major distributors.

About Praeger

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