

serta air health wellness executive office chair

Serta Air Health & Wellness Executive Office Chair: Your Ultimate Guide to Comfort and Productivity

Are you tired of that nagging backache after a long day at the office? Does your current office chair feel more like a torture device than a comfort companion? If so, you're not alone. Millions struggle with discomfort and poor posture, impacting both productivity and overall well-being. This comprehensive guide dives deep into the Serta Air Health & Wellness Executive Office Chair, exploring its features, benefits, and whether it's the right investment for you. We'll cover everything from its ergonomic design to its overall value, helping you decide if this chair is the key to unlocking a healthier, more productive workday.

Understanding the Serta Air Health & Wellness Executive Office Chair: A Closer Look

The Serta Air Health & Wellness Executive Office Chair isn't just another office chair; it's engineered with your comfort and well-being in mind. Serta, a renowned name in mattresses and bedding, leverages its expertise in comfort and support to create a chair designed to alleviate pressure points and promote proper posture. The chair's design is built around several key features that contribute to its unique selling points:

Superior Air Circulation Technology

The "Air" in its name isn't just for show. This chair incorporates advanced air circulation technology. Unlike traditional office chairs that can trap heat and moisture, the Serta Air allows for breathability, keeping you cool and comfortable even during long work sessions. This feature is crucial for preventing discomfort and maintaining focus throughout the day. Imagine a chair that actually helps you stay comfortable, not hinder you.

Ergonomic Design for Optimal Support

This chair boasts an ergonomic design, specifically crafted to support the natural curves of your spine. This includes adjustable lumbar support that allows you to customize the chair to your specific needs. Proper lumbar support is essential for preventing back pain and promoting good posture. The

chair's adjustable features also allow you to fine-tune the height, armrests, and seat depth for a perfectly personalized fit.

Premium Materials and Construction

The Serta Air Health & Wellness Executive Office Chair isn't built to last only a few years; it's designed for longevity. High-quality materials are used throughout the chair's construction, ensuring durability and lasting comfort. The chair's robust build suggests it will withstand the rigors of daily use, making it a worthwhile investment for the long haul.

Adjustable Features for Personalized Comfort

One of the standout features of the Serta Air is its extensive adjustability. Beyond lumbar support, you can adjust the seat height, armrests (height and width), and even the tilt tension to find your ideal seating position. This level of customization is crucial for preventing discomfort and maintaining proper posture throughout the day. Finding the perfect fit ensures maximum comfort and minimizes the risk of aches and pains.

Benefits Beyond Comfort: Boosting Productivity and Well-being

Investing in the Serta Air Health & Wellness Executive Office Chair offers benefits that extend beyond mere comfort. By promoting good posture and alleviating discomfort, this chair can significantly impact your productivity and overall well-being.

Increased Productivity: When you're comfortable, you're more focused and productive. The Serta Air helps eliminate distractions caused by discomfort, allowing you to concentrate on your work.

Reduced Back Pain and Discomfort: The ergonomic design and air circulation features work together to minimize pressure points and promote proper spinal alignment, significantly reducing the risk of back pain.

Improved Posture: The chair's adjustable lumbar support encourages good posture, improving your overall health and well-being.

Enhanced Focus and Concentration: A comfortable workspace leads to a sharper mind. The Serta Air contributes to a more comfortable and conducive work environment, facilitating better focus and concentration.

Long-Term Health Benefits: Investing in your comfort now can pay dividends in the long run, reducing the likelihood of developing chronic back pain and other musculoskeletal issues.

Is the Serta Air Health & Wellness Executive Office Chair Right for You?

The Serta Air Health & Wellness Executive Office Chair is a significant investment. However, for those who spend long hours seated at a desk, the benefits of improved comfort, productivity, and long-term health can outweigh the cost. Consider this chair if:

You experience back pain or discomfort while sitting for extended periods.
You prioritize ergonomics and proper posture.
You're looking for a high-quality, durable chair that will last.
You value comfort and believe it contributes to increased productivity.

Conclusion

The Serta Air Health & Wellness Executive Office Chair represents a significant step forward in office chair technology. Its combination of ergonomic design, air circulation technology, and extensive adjustability makes it a compelling choice for anyone seeking optimal comfort and support. While the investment is substantial, the long-term benefits for your health, productivity, and overall well-being make it a worthwhile consideration for enhancing your workday experience. Ultimately, the decision rests on your individual needs and priorities, but the Serta Air undoubtedly deserves a place on your shortlist if you are searching for a premium executive office chair.

Frequently Asked Questions (FAQs)

Q1: How much does the Serta Air Health & Wellness Executive Office Chair cost?

A1: The price of the Serta Air can vary depending on the retailer and any ongoing sales or promotions. It's best to check current prices on reputable online retailers or at authorized Serta dealers.

Q2: What is the warranty on the Serta Air Health & Wellness Executive Office Chair?

A2: The warranty specifics will be outlined by the retailer or manufacturer. It's advisable to check the warranty details before purchase as it can differ between retailers and countries.

Q3: How much weight can the Serta Air Health & Wellness Executive Office Chair support?

A3: The weight capacity is usually specified in the product details. Check the manufacturer's specifications before purchasing to ensure it meets your

weight requirements.

Q4: Is the Serta Air Health & Wellness Executive Office Chair easy to assemble?

A4: While generally straightforward, assembly may require some effort. Consult the included instruction manual for detailed guidance.

Q5: Can I return the Serta Air Health & Wellness Executive Office Chair if I'm not satisfied?

A5: Return policies vary depending on the retailer. Check the retailer's return policy before purchasing to understand their terms and conditions regarding returns and refunds.

serta air health wellness executive office chair: The Onion Book of Known Knowledge

The Onion, 2012-10-23 Are you a witless cretin with no reason to live? Would you like to know more about every piece of knowledge ever? Do you have cash? Then congratulations, because just in time for the death of the print industry as we know it comes the final book ever published, and the only one you will ever need: The Onion's compendium of all things known. Replete with an astonishing assemblage of facts, illustrations, maps, charts, threats, blood, and additional fees to edify even the most simple-minded book-buyer, The Onion Book of Known Knowledge is packed with valuable information -- such as the life stages of an Aunt; places to kill one's self in Utica, New York; and the dimensions of a female bucket, or pail. With hundreds of entries for all 27 letters of the alphabet, The Onion Book of Known Knowledge must be purchased immediately to avoid the sting of eternal ignorance.

serta air health wellness executive office chair: Consumer Action Handbook, 2010

Edition U.S. Services Administration, 2010 Use this guide to get help with consumer purchases, problems and complaints. Find consumer contacts at hundreds of companies and trade associations; local, state, and federal government agencies; national consumer organizations; and more.

serta air health wellness executive office chair: Historic McLennan County Sharon Bracken, 2010

serta air health wellness executive office chair: Earth Day Melissa Ferguson, 2021-10-28

Earth Day celebrates our beautiful planet and calls us to act on its behalf. Some people spend the day planting flowers or trees. Others organize neighborhood clean-ups, go on nature walks or make recycled crafts. Readers will discover how a shared holiday can have multiple traditions and be celebrated in all sorts of ways.

serta air health wellness executive office chair: Insomnia Eluned Summers-Bremner,

2008-02-27 In today's media-saturated and hyperconnected society, increasing numbers of people are finding it hard to switch off their overstimulated brains and escape the demands of daily life. We are becoming, it seems, a world of insomniacs. But this condition of perpetual unrest has plagued people for centuries. The roots and effects of insomnia are complex, Eluned Summers-Bremner reveals in this fascinating study, and humans have employed everything from art to science to understand, explain, and mitigate this problem. The author begins her exploration of sleeplessness with the literature of ancient times, finding its sufferers in such prominent texts as the Iliad, the Mesopotamian epic Gilgamesh, and the Bible. Insomnia continued to figure large in Romantic and Gothic literature, as the advent of street lighting in the nineteenth century inspired the fantastical blurring of daytime reality and night specters, and authors connected insomnia to the ephemeral worlds of nightmares and the sublime. Meanwhile, throughout the ages insomnia has been variously categorized by the medical community as a symptom of deeper maladies: in medieval and early

modern times, for example, physicians and philosophers saw insomnia as a sign of lovesickness, melancholy, or even demonic possession. As modern medicine and science evolved, insomnia emerged as a distinct symptom of such ailments as post-traumatic stress disorder after war. Today's medical solutions tend to involve prescription drugs, and Insomnia ultimately raises important questions about the role of the pharmaceutical industry and the effectiveness of such treatments. Bedside reading of the most useful sort, Insomnia won't put you to sleep, but it will help you understand your problem and its surprisingly rich cultural legacy.

serta air health wellness executive office chair: Teaming to Innovate Amy C. Edmondson, 2013-09-05 Innovation requires teaming. (Put another way, teaming is to innovation what assembly lines are to car production.) This book brings together key insights on teaming, as they pertain to innovation. How do you build a culture of innovation? What does that culture look like? How does it evolve and grow? How are teams most effectively created and then nurtured in this context? What is a leader's role in this culture? This little book is a roadmap for teaming to innovate. We describe five necessary steps along that road: Aim High, Team Up, Fail Well, Learn Fast, and Repeat. This path is not smooth. To illustrate each critical step, we look at real-life scenarios that show how teaming to innovate provides the spark that can fertilize creativity, clarify goals, and redefine the meaning of leadership.

serta air health wellness executive office chair: Psychiatric Nursing Certification Review Guide for the Generalist and Advanced Practice Psychiatric and Mental Health Nurse Victoria Mosack, 2010-02-05 Developed especially for practicing nurses preparing for the certification examination offered by the American Nurses Credentialing Center (ANCC), the Psychiatric Nursing Certification Review Guide for the Generalist and Advanced Practice Psychiatric and Mental Health Nurse provides a succinct, yet comprehensive review of the core material. This book has been organized to give the reviewer test taking strategies and techniques and sample test questions, which are intended to serve as an introduction to the testing arena. In addition, a bibliography is included for those who need a more in depth discussion of the subject matter in each chapter. The Third Edition has been completely revised and updated to reflect current guidelines and information from the latest version of the DSM IV-TR. The medications and use of medications has also been updated to reflect proper usage and doses.

serta air health wellness executive office chair: The Consumer Action Handbook, 2003

serta air health wellness executive office chair: Handbook of Faith and Spirituality in the Workplace Judi Neal, 2012-12-09 While the field of management has developed as a research discipline over the last century, until the early 1990s there was essentially no acknowledgement that the human spirit plays an important role in the workplace. Over the past twenty years, the tide has begun to turn, as evidenced by the growing number of courses in academia and in corporate training, and an exponential increase in the publications emerging through creative interaction of scholars and practitioners in organizational behaviour, workplace diversity, sustainability, innovation, corporate governance, leadership, and corporate wellness, as well as contributions by psychotherapists, theologians, anthropologists, educators, philosophers, and artists. This Handbook is the most comprehensive collection to date of essays by the preeminent researchers and practitioners in faith and spirituality in the workplace, featuring not only the most current research and case examples, but visions of what will be, or should be, emerging over the horizon. It includes essays by the people who helped to pioneer the field as well as essays by up and coming young scholars. Among the questions and issues addressed: · What does it mean to be a "spiritual" organization? How does this perspective challenge traditional approaches to the firm as a purely rational, profit-maximizing enterprise? · Is faith and spirituality in the workplace a passing fad, or is there a substantial shift occurring in the business paradigm? · How does this field inform emerging management disciplines such as sustainability, diversity, and social responsibility? · In what ways are faith and spirituality in the workplace similar to progressive and innovative human resource practices. Does faith and spirituality in the workplace bring something additional to the conversation, and if so, what? The aim of The Handbook of Faith and Spirituality in the Workplace is

to provide researchers, faculty, students, and practitioners with a broad overview of the field from a research perspective, while keeping an eye on building a bridge between scholarship and practice.

serta air health wellness executive office chair: Dear Physician , 1994

serta air health wellness executive office chair: Contemporary Issues and Development in the Global Halal Industry Siti Khadijah Ab. Manan, Fadilah Abd Rahman, Mardhiyyah Sahri, 2016-06-24 This book features more than 50 papers presented at the International Halal Conference 2014, which was held in Istanbul and organised by the Academy of Contemporary Islamic Studies of Universiti Teknologi MARA. It addresses the challenges facing Muslims involved in halal industries in meeting the increasing global demand. The papers cover topics such as halal food, halal pharmaceuticals, halal cosmetics and personal care, halal logistics, halal testing and analysis and ethics in the halal industry. Overall, the volume offers a comprehensive point of view on Islamic principles relating to the halal business, industry, culture, food, safety, finance and other aspects of life. The contributors include experts from various disciplines who apply a variety of scientific research methodologies. They present perspectives that range from the experimental to the philosophical. This volume will appeal to scholars at all levels of qualification and experience who seek a clearer understanding of important issues in the halal industry.

serta air health wellness executive office chair: The Australian Official Journal of Trademarks , 1906

serta air health wellness executive office chair: Food and Beverage Management

Bernard Davis, Andrew Lockwood, Ioannis Pantelidis, Peter Alcott, 2013-01-11 This introductory textbook provides a thorough guide to the management of food and beverage outlets, from their day-to-day running through to the wider concerns of the hospitality industry. It explores the broad range of subject areas that encompass the food and beverage market and its five main sectors – fast food and popular catering, hotels and quality restaurants and functional, industrial, and welfare catering. New to this edition are case studies covering the latest industry developments, and coverage of contemporary environmental concerns, such as sourcing, sustainability and responsible farming. It is illustrated in full colour and contains end-of-chapter summaries and revision questions to test your knowledge as you progress. Written by authors with many years of industry practice and teaching experience, this book is the ideal guide to the subject for hospitality students and industry practitioners alike.

serta air health wellness executive office chair: Adam Heller's Zero Pain Now Heller, 2011 The proven process to become pain-free without drugs, surgery, or physical therapy.

serta air health wellness executive office chair: Republic of Yemen , 1990

serta air health wellness executive office chair: bookdown Yihui Xie, 2016-12-12

bookdown: Authoring Books and Technical Documents with R Markdown presents a much easier way to write books and technical publications than traditional tools such as LaTeX and Word. The bookdown package inherits the simplicity of syntax and flexibility for data analysis from R Markdown, and extends R Markdown for technical writing, so that you can make better use of document elements such as figures, tables, equations, theorems, citations, and references. Similar to LaTeX, you can number and cross-reference these elements with bookdown. Your document can even include live examples so readers can interact with them while reading the book. The book can be rendered to multiple output formats, including LaTeX/PDF, HTML, EPUB, and Word, thus making it easy to put your documents online. The style and theme of these output formats can be customized. We used books and R primarily for examples in this book, but bookdown is not only for books or R. Most features introduced in this book also apply to other types of publications: journal papers, reports, dissertations, course handouts, study notes, and even novels. You do not have to use R, either. Other choices of computing languages include Python, C, C++, SQL, Bash, Stan, JavaScript, and so on, although R is best supported. You can also leave out computing, for example, to write a fiction. This book itself is an example of publishing with bookdown and R Markdown, and its source is fully available on GitHub.

serta air health wellness executive office chair: Deep Learning Applications, Volume 2 M.

Arif Wani, Taghi Khoshgoftaar, Vasile Palade, 2020-12-14 This book presents selected papers from the 18th IEEE International Conference on Machine Learning and Applications (IEEE ICMLA 2019). It focuses on deep learning networks and their application in domains such as healthcare, security and threat detection, fault diagnosis and accident analysis, and robotic control in industrial environments, and highlights novel ways of using deep neural networks to solve real-world problems. Also offering insights into deep learning architectures and algorithms, it is an essential reference guide for academic researchers, professionals, software engineers in industry, and innovative product developers.

serta air health wellness executive office chair: Environment, Cognition, and Action

Tommy Garling, Gary W. Evans, 1992-01-16 How do human beings comprehend, evaluate, and utilize the physical environments they inhabit? In this edited volume, a distinguished group of international contributors examines in detail the interconnections between what we know about, feel, and hope to accomplish in real world environments. Psychologists, planners, architects, and geographers discuss the state of knowledge in environmental cognition, building and landscape assessment, aesthetics, and decision-making. Gaps in our thinking about environmental issues are also discussed. The authors present an analysis of how our knowledge can be utilized in the design and planning of settings better suited to human needs. Of interest to psychologists, geographers, and environmental designers, Environment, Cognition, and Action examines the dynamic interplay of assessment, knowledge, and action of people in all settings relevant to daily life -- home, school, office and industry.

serta air health wellness executive office chair: Who's who in the South and Southwest ,

1993

serta air health wellness executive office chair: Off-Ramps and On-Ramps

Sylvia Ann Hewlett, 2007-05-15 With talent shortages looming over the next decade, what can companies do to attract and retain the large number of professional women who are forced off the career highway? By documenting the successful efforts of a group of cutting-edge global companies to retain talented women and reintegrate them if they've already left, Off-Ramps and On-Ramps answers this critical question. Working closely with companies such as Ernst & Young, Goldman Sachs, Time Warner, General Electric and others, author Sylvia Ann Hewlett identifies what works and why. Based on firsthand experience with these companies, along with extensive data that provides the most comprehensive and nuanced portrait of women's career paths, this book documents the actions forward-thinking companies must take to reverse the female brain drain and ensure their access to talent over the long term.

serta air health wellness executive office chair: By Any Greens Necessary

Tracye Lynn McQuirter, 2010-05-01 * The first vegan guide geared to African American women * More than forty delicious and nutritious recipes highlighted with color photographs * Menus and advice on transitioning from omnivore to vegan * Resource information and a comprehensive shopping list for restocking the fridge and pantry African American women are facing a health crisis: Heart disease, stroke, and diabetes occur more frequently among them than among women of other races. Black women comprise the heftiest group in the nation—80 percent are overweight, and 50 percent obese. Decades of studies show that these chronic diseases can be prevented and even reversed with a plant-based diet. But how can you control your weight and health without sacrificing great food and gorgeous curves? Just ask Tracye Lynn McQuirter. With attitude, inspiration, and expertise, in By Any Greens Necessary McQuirter shows women how to stay healthy, hippy, and happy by eating plenty of fresh fruits and vegetables, whole grains, and legumes as part of an active lifestyle. The book is a call to action that all women should heed.

serta air health wellness executive office chair: Cruising through Caregiving

Jennifer L. FitzPatrick, 2016-09-27 Caregiving is no vacation, but you can cruise more smoothly through it! If you're facing the daunting reality that you're about to become a caregiver—whether you planned for it or not—Cruising through Caregiving is the down-to-earth and authoritative answer you need. Jennifer FitzPatrick has been through nearly every possible scenario on the caregiving spectrum,

both professionally and personally, and she expertly shows you how to be a responsible, loving caregiver without being overcome by guilt, exhaustion, or worry. It doesn't matter whether you have advantages such as money or an extended family. You don't have to passively just let things happen. No matter your particular situation, FitzPatrick has a practical and thoughtful solution to deal with it. She'll help you discover and harness powers you don't even know you have—from getting other family members to participate in caregiving to navigating a loved one's finances, living setting, or declining physical and mental health conditions. Advice and resources from FitzPatrick and twenty-four other professionals show how to give your loved one the best quality of life possible without sacrificing your own life, health, career, relationships, or financial stability.

serta air health wellness executive office chair: HCI International 2020 - Posters

Constantine Stephanidis, Margherita Antona, 2020-07-15 The three-volume set CCIS 1224, CCIS 1225, and CCIS 1226 contains the extended abstracts of the posters presented during the 21st International Conference on Human-Computer Interaction, HCII 2020, which took place in Copenhagen, Denmark, in July 2020.* HCII 2020 received a total of 6326 submissions, of which 1439 papers and 238 posters were accepted for publication in the pre-conference proceedings after a careful reviewing process. The 238 papers presented in these three volumes are organized in topical sections as follows: Part I: design and evaluation methods and tools; user characteristics, requirements and preferences; multimodal and natural interaction; recognizing human psychological states; user experience studies; human perception and cognition. -AI in HCI. Part II: virtual, augmented and mixed reality; virtual humans and motion modelling and tracking; learning technology. Part III: universal access, accessibility and design for the elderly; smartphones, social media and human behavior; interacting with cultural heritage; human-vehicle interaction; transport, safety and crisis management; security, privacy and trust; product and service design. *The conference was held virtually due to the COVID-19 pandemic. The chapter "Developing an Interactive Tabletop Mediated Activity to Induce Collaboration by Implementing Design Considerations Based on Cooperative Learning Principles" is available open access under a Creative Commons Attribution 4.0 International License via link.springer.com.

serta air health wellness executive office chair: A Carnival of Cats Read-Along

Charles Ghigna, 2018-01-01 There's a purrrfect little carnival coming to town, filled with adorable cats of all different kinds! In this hint-and-reveal board book, babies, toddlers and cat-lovers alike will enjoy discovering (and guessing) what breed of cat is hiding on the next page. With playful rhyming text from award-winning author Charles Ghigna, aka Father Goose®, and beautiful illustrations by celebrated artist Kristi Bridgeman, this exuberant board book will have everyone guessing what cat is that!

serta air health wellness executive office chair: *Consumer's Resource Handbook* , 1988

serta air health wellness executive office chair: Peer to Peer Accommodation Networks

Sara Dolnicar, 2017-12-01 The first book to present a new conceptual framework which offers an initial explanation for the continuing and rapid success of such 'disruptive innovators' and their effects on the international hospitality industry. It discusses all the hot topics in this area, with a specific focus on Airbnb, in the international context.

serta air health wellness executive office chair: *Promoting Health and Academic Success*

David A. Birch, Donna M. Videto, 2015-02-17 There is increasing evidence that health and academic success go hand in hand. Now educators and health professionals have a new model—the Whole School, Whole Community, Whole Child (WSCC) approach—to use in promoting health and learning in the schools. This new approach, developed by leaders in education and health, is a transition from the coordinated school health (CSH) model that was introduced in 1987. Promoting Health and Academic Success is a new resource for the transition from CSH to WSCC. Written by national leaders in education and school health, some of whom were involved in the development of WSCC, this book provides direction for education and school health professionals interested in promoting student health. It is valuable for individuals and groups interested in advocating for WSCC and for those engaged in the planning, implementation, and evaluation of this new approach. The book also

is a resource for both undergraduate and graduate students in courses that address a coordinated approach to school health. Each chapter includes application activities that engage students in translating their learning in the context of WSCC simulations. In addition, the School Health in Action feature provides case studies that demonstrate the impact school health programs are having in schools across the United States. Applicable to both students and professionals, Promoting Health and Academic Success includes an appendix that presents a thorough guide to using school health assessment tools created by organizations such as the Centers for Disease Control and Prevention, Association for Supervision and Curriculum Development, and the National Association of State Boards of Education. Following is a partial listing of the tools: • The School Health Index helps schools improve health and safety policies. • The State Schools Health Policy Database facilitates sharing of policies across states. • The Health Education Curriculum Analysis Tool encourages children to adopt and maintain health-enhancing behaviors. • The Physical Education Curriculum Analysis Tool assists schools in analyzing their curricula and comparing it to national physical education standards. • A Parent Engagement tool shares strategies for involving parents in school health. The book is presented in five parts. Part I unveils the new WSCC model, explains its components, and provides a historical overview of coordinated school health. Part II offers insights into the Whole Child initiative and examines the evidence linking health and academic success. Part III explores the crucial role of school administration in ensuring success, ways to meet the diverse needs of students and their families, and methods for getting the community involved. Part IV delves into planning, implementation, and evaluation aspects of WSCC. Part V looks to the future for WSCC and provides perspectives from the field. The appendix supplies the assessment instruments and tools.

serta air health wellness executive office chair: Entrepreneurship + Mybizskillskit Steve Mariotti, Caroline Glackin, 2012-03-21 Entrepreneurship: Starting and Operating A Small Business, Third Edition, demystifies the process of starting a business by presenting difficult economic, financial and business concepts in a manner easily understood by beginning business students. This edition is based on a proven curriculum from the Network For Teaching Entrepreneurship (NFTE) and includes new case studies, a new Honest Tea Business Plan, and more on topics such as cash flow and e-marketing. Drawing on the experience of Steve Mariotti and Caroline Glackin, students will begin building their business plan as soon as they open the text! In a step by step process students will learn how to start a small business, operate a small business and turn their ideas into viable business opportunities.

serta air health wellness executive office chair: *Love with a Chance of Drowning* Torre DeRoche, 2011-08-02 New love. Exotic destinations. A once-in-a-lifetime adventure. What could go wrong? City girl Torre DeRoche isn't looking for love, but a chance encounter in a San Francisco bar sparks an instant connection with a soulful Argentinean man who unexpectedly sweeps her off her feet. The problem? He's just about to cast the dock lines and voyage around the world on his small sailboat, and Torre is terrified of deep water. However, lovesick Torre determines that to keep the man of her dreams, she must embark on the voyage of her nightmares, so she waves good-bye to dry land and braces for a life-changing journey that's as exhilarating as it is terrifying. Somewhere mid-Pacific, she finds herself battling to keep the old boat, the new relationship, and her floundering sanity afloat. . . . This sometimes hilarious, often harrowing, and always poignant memoir is set against a backdrop of the world's most beautiful and remote destinations. Equal parts love story and travel memoir, *Love with a Chance of Drowning* is witty, charming, and proof positive that there are some risks worth taking.

serta air health wellness executive office chair: Personal Intelligence John D. Mayer, 2014-02-18 John D. Mayer, the renowned psychologist who co-developed the groundbreaking theory of emotional intelligence, now draws on decades of cognitive psychology research to introduce another paradigm-shifting idea: that in order to become our best selves, we use an even broader intelligence—which he calls personal intelligence—to understand our own personality and the personalities of the people around us. In *Personal Intelligence*, Mayer explains that we are naturally

curious about the motivations and inner worlds of the people we interact with every day. Some of us are talented at perceiving what makes our friends, family, and coworkers tick. Some of us are less so. Mayer reveals why, and shows how the most gifted readers among us have developed high personal intelligence. Mayer's theory of personal intelligence brings together a diverse set of findings—previously regarded as unrelated—that show how much variety there is in our ability to read other people's faces; to accurately weigh the choices we are presented with in relationships, work, and family life; and to judge whether our personal life goals conflict or go together well. He persuasively argues that our capacity to problem-solve in these varied areas forms a unitary skill. Illustrating his points with examples drawn from the lives of successful college athletes, police detectives, and musicians, Mayer shows how people who are high in personal intelligence (open to their inner experiences, inquisitive about people, and willing to change themselves) are able to anticipate their own desires and actions, predict the behavior of others, and—using such knowledge—motivate themselves over the long term and make better life decisions. And in outlining the many ways we can benefit from nurturing these skills, Mayer puts forward an essential message about selfhood, sociability, and contentment. *Personal Intelligence* is an indispensable book for anyone who wants to better comprehend how we make sense of our world.

serta air health wellness executive office chair: *Handbook of Work Stress* Julian Barling, E. Kevin Kelloway, Michael R. Frone, 2004-09-22 Questions about the causes or sources of work stress have been the subject of considerable research, as well as public fascination, for several decades. Earlier interest in this issue focused on the question of whether some jobs are simply more inherently stressful than others. Other questions that soon emerged asked whether some individuals were more prone to stress than others. The *Handbook of Work Stress* focuses primarily on identifying the different sources of work stress across different contexts and individuals. Part I focuses on work stressors that have been studied for decades (e.g., organizational-role stressors, work schedules) as well as stressors that have received less empirical and public scrutiny (e.g., industrial-relations stress, organizational politics). It also addresses stressors in the workplace that have become relevant more recently (e.g., terrorism). Part II of the *Handbook* covers issues related to gender, cultural or national origin, older and younger workers, and employment status, and asks how these characteristics might affect the experience of workplace stress. The adverse consequences of these diverse work stressors are manifold, and questions about the possible health consequences of work stressors were one of the major historical factors prompting early interest and research on work stress. In Part III, the individual and organizational consequences of work stress are considered in separate chapters. Key Features: Affords the most broad and credible perspective on the subject of work stress available The editors are all prominent researchers in the field of work stress, and have been instrumental in defining and developing the field from an organizational-psychological and organizational-behavior perspective International contributors are included, reflecting similarities and differences from around the world Chapter authors from the United States, Canada, England, Sweden, Japan, and Australia have been invited to participate, reflecting most of the countries in which active research on work stress is taking place The *Handbook of Work Stress* is essential reading for researchers in the fields of industrial and organizational psychology, human resources, health psychology, public health, and employee assistance.

serta air health wellness executive office chair: Canadian Organizational Behaviour Steven Lattimore McShane, Sandra Steen, 2009 The Seventh Edition of *Canadian Organizational Behaviour* is truly a new and improved McShane: new trim size, fresh new design, new co-author, reorganized table of contents, improved examples, and even enhanced readability. The McShane brand is known for its cutting edge research and scholarship, recognized for its for Canadians, by Canadians approach to content, and respected for its firm anchoring of Canadian material within a global context. No other OB book offers the kind of comprehensive coverage in such an accessible, readable format. *Canadian Organizational Behaviour* continues to lead the way as the most innovative OB text on the market. McShane was the first OB textbook to include topics such as

workplace emotions, appreciative inquiry, social identity theory, future search events, virtual teams, workaholism, and emotional intelligence. The innovation continues in the seventh edition with new and expanded coverage of topics such as employee engagement, resilience, four-drive theory, blogs and wikis, psychological harassment, learning orientation, Schwartz's values model, and separating socioemotional from constructive conflict. The pedagogical features have been completely overhauled to speak to new and emerging topics in OB worldwide, including the opening vignettes, the photo essays in each chapter, and many of the end-of-chapter exercises and end-of-part cases.

serta air health wellness executive office chair: Global Tuberculosis Report 2017 World Health Organization, 2017-12-13 WHO's Global Tuberculosis Report provides a comprehensive and up-to-date assessment of the TB epidemic and of progress in care and prevention at global, regional and country levels. This is done in the context of recommended global TB strategies and associated targets, and broader development goals. For the period 2016-2035, these are WHO's End TB Strategy and the United Nations' (UN) Sustainable Development Goals (SDGs), which share a common aim: to end the global TB epidemic. The main data sources for the report are annual rounds of global TB data collection implemented by WHO's Global TB Program since 1995 and databases maintained by other WHO departments, UNAIDS and the World Bank. In WHO's 2017 round of global TB data collection, 201 countries and territories that account for over 99% of the world's population and TB cases reported data.

serta air health wellness executive office chair: **Math Recess** Sunil Singh, Brownell S. Christopher, 2019-03-26 In the theme of recess, this book holds a deep and imaginative collection of fun mathematical ideas, puzzles, and problems. Written for anyone interested in or actively engaged in schools-parents, teachers, administrators, school board members-this book shows math as a playful, fun, and wonderfully human activity that everyone can enjoy.

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