

职场英语：工作不快乐怎么办？PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/494/2021_2022__E8_81_8C_E5_9C_BA_E8_8B_B1_E8_c85_494238.htm "Awful," "dreary," and "miserable" are adjectives that many people use to describe their jobs at one time or another. Dissatisfaction on the job is common and often temporary. But not many people take time to analyze what makes a job miserable, and how to fix it. “糟糕”、“沉闷”、“令人不快”，许多人时常会用这些词来形容自己的工作。对工作不满是普遍的，往往也是一时的。但是没几个人会花时间去分析为什么工作会不快乐，以及该如何调整。

Fortunately Patrick Lencioni has done much of that work in his book "The Three Signs of a Miserable Job." 幸运地是Patrick Lencioni在《工作不快乐的三个表现》一书中对此做了详细阐述。Job Misery Is Universal 工作不快乐是普遍现象 The author notes that a "miserable" job differs from a "bad" job, as one person's dream job may not appeal to another worker. A miserable job, however, has some universal traits. 作者指出：“不快乐”的工作和“坏”工作是不同的。因为一个人的理想工作对另一个人也许毫无吸引力。但是，“让人不快”的工作有一些共同特征。"A miserable job makes a person cynical and frustrated and demoralized when they go home at night," Lencioni says. "It drains them of their energy, their enthusiasm, and self-esteem. Miserable jobs can be found in every industry and at every level." Lencioni说：“不快乐的工作让人在晚上加班回家后变得愤世嫉俗、沮丧、情绪低落；会耗尽人们的精力、挫伤积极性、损害自尊。各行各业

、各个级别中都有让人不快的工。 ” Lencioni blames much of the problem on managers, who are a key factor in the job satisfaction (or dissatisfaction) of their employees. A recent Yahoo! HotJobs survey points to a similar conclusion: 43% of workers said discontent with their boss was the main reason they planned to look for a new job in 2008. Lencioni认为这个问题大部分应归咎于管理者。他们是导致员工对工作满意或是不满的关键因素。 Yahoo! HotJobs近期的调查得出了一个相似的结论：有43%的员工称对老板不满是促使他们计划在2008年找新工作的主要原因。 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com