## Contents

Introduction	1
Chapter 1. Management Decisions and Human Sustainability	9
Chapter 2. The Enormous Toll of Toxic Workplaces	36
Chapter 3. Layoffs and Economic Insecurity: A Lose-Lose Proposition	65
Chapter 4. No Health Insurance, No Health	92
Chapter 5. Health Effects of Long Work Hours and Work-Family Conflict	118
Chapter 6. Two Critical Elements of a Healthy Workplace	146
Chapter 7. Why People Stay in Toxic Workplaces	169
Chapter 8. What Might—and Should—Be Different	190
Asknowledgemente	215
Acknowledgments	
Notes	219
Index	245