

**Raamatunäitus EBSi raamatukogu lugemissaalis**  
**Book exhibition in the reading room of EBS Library**

**Heaolu töökohal / Workplace well-being**  
**Jaauar – aprill 2026 / January – April 2026**

**Nimestik / List of publications**

**Raamatud / Books**

Achor, S. 2011. [The happiness advantage : the seven principles that fuel success and performance at work](#). London : Virgin Books, ix, 236 p.  
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Aedla, M. 2024. [Õnnelik tööl ja kodus](#). Tallinn : Vesta, 176 lk. : ill.

Allcott, G. 2024. [Kind : the quiet power of kindness at work](#). London : Bloomsbury Business, 232 p. : fig.

Bakker, A.B., Dainels, K. 2013. [A day in the life of a happy worker](#). New York : Psychology Press, vi, 176 p. : fig.  
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Bhatti, K., Roulet, T. 2025. [Wellbeing intelligence : building better mental health at work](#). London : The Economist, 241 p. : fig., tab.

Bormans, L. 2016. [The world book of hope : the source of happiness, success & strenght](#). Tielt : Lannoo Publ., 365 p. : ill.  
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Bormans, L. 2015. [Õnn on : kogu maailma õnneraamat : teadmisi ja tarkusi enam kui sajalt õnneasjatundjalt kogu maailmast](#). Tallinn : Pegasus, 349, [3] lk. : ill.

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De Neve, J-E. 2025. [Why workplace wellbeing matters : the science behind employee happiness and organizational performance](#). Boston, Massachusetts : Harvard Business Review Press, vi, 286 p. : fig.

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- Erhard, L. 1998. [Heaolu kõigile](#). Tallinn : Steamark, 285 lk.
- Ehrnrooth, J. 2017. [Hästi toimiv ühiskond](#). Tallinn : Menu Meedia, 189, [1] lk.
- Fabritius, F. 2022. [The brain-friendly workplace : why talented people quit and how to get them to stay](#). London : Rowman & Littlefield, xi, 229 p. : ill.  
[Google Books](#)
- Ferrett, S.K. 1994. [Positive attitudes at work](#). New York : Irwin/ Mirror Press, xvi, 88 p. : tab., fig. (Business skills express series)
- Ferris, R.W., Murphy, D. 2016. [Workplace safety : establishing an effective violence prevention program](#). Waltham : Elsevier, xix, 159 p. : ill.
- Fox, B. 2018. [The future of the workplace : insights and advice from 31 pioneering business and thought leaders](#). New York, NY : Apress, xvi, 263 p.  
[Google Books](#)
- Fox, E. 2008. [Emotion science : cognitive and neuroscientific approaches to understanding human emotions](#). New York : Palgrave Macmillan, 456 p : ill.
- Hallowell, E.M. 2011. [Shine : using brain science to get the best from your people](#). Boston, Mass. : Harvard Business Review Press, x, 197 p. : fig., tab.  
[Google Books](#)
- Harrison, L.E., Huntington, S.P. 2002. [Kultuur on tähtis : kuidas väärtushinnangud kujundavad inimarengut](#). Tallinn : Pegasus, xxxvii, 330 lk. : ill.
- Hughes, R. 2020. [Get a life! : creating a successful work-life balance](#). London ; New York : Kogan Page, xii, 212 p. : fig., tab.
- Kelly, L. 2025. [See raamat on odavam kui teraapia](#). Tallinn : Helios kirjastus, 270 lk.
- Kidron, A. 2007. [Elustiil ja heaolu : eluviis, tegevusstiilid ja subjektiivne heaolu](#). Tallinn : Akadeemia Nord, 342 lk. : ill.
- Lencioni, P. 2012. [The advantage : why organizational health trumps everything else in business](#). San Francisco : Jossey-Bass, xvii, 216 p. : ill.
- Metcalf, F., Gallagher, B.J. 2014. [Kuidas kasutada tööl budismi põhimõtteid](#) : [108 iidset tõde muutuse, stressi, raha ja edu kohta] : [tema pühaduse Dalai-Laama eessõna]. Tallinn : Ersen, 216 lk.
- Metsma, T. 2016. [Kontoritöötaja terviseraamat : rutiini vältimine ja lihaspingeid ennetavad harjutused](#). Tallinn : Cum Laude, 102 lk. : ill. (Püsi terve!)

- Minnaar, J., Morree, P. de. 2020. [Corporate rebels : make work more fun](#). USA : Corporate Rebels, 222, [1] p.
- Minnaar, J., Morree, P. de. 2024. [Äriilma mässulised : teeme töö lõbusamaks](#). Tallinn : Äripäev, 254 lk. : ill.
- Nelson, M. 2025. [Kes aitab aitajat? : vaimse tervise probleemiga lähedase hooldamisest](#). Tallinn : Vesta : Ühinenud Ajakirjad, 160 lk.
- Nettle, D. 2005. [Happiness : the science behind your smile](#). Oxford : Oxford University Press, vi, 216 p. : ill.  
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- Oeij, P.R.J., Rus, D., Pot, F.D. [Workplace innovation : theory, research and practice](#). 2017. Cham : Springer International Publishing, xvii, 413 p. : fig., tab. (Aligning perspectives on health, safety and well-being)
- Ott, M. 2025. [Heaolu](#). Tallinn : Tallinna Ülikooli Kirjastus, 373 lk. : ill.
- Phelan, M. 2024. [The happiness index : why today's employee emotions equal tomorrow's business success](#). Hoboken, NJ : John Wiley & Sons, xvi, 208 p. : fig.'
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- Robertson, I.T., Cooper, G. 2011. [Well-being : productivity and happiness at work](#). New York : Palgrave Macmillan, xv, 224 p. : ill.  
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- Robinson, M. 2001. [21 ways to create healthy, happy and motivated employees! : a collection of proven strategies that enhance employee productivity](#). Boca Raton : Universal Publishers, x, 145 p.
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- Stea, J.N. 2025. [Ettevaatust, ajuvamm! : vaimse tervise päästmine heaolutööstuse küüsis](#). Tallinn : Argo, 311 lk. : ill.
- Tendzin Gjatsho, dalai-laama, Cutler, H. 2012. [Kunst olla keerulises maailmas õnnelik](#). Tallinn : Pegasus, 346 lk.
- Whitter, B. 2019. [Employee experience : develop a happy, productive and supported workforce for exceptional individual and business performance](#). London ; New York : Kogan Page, xvi, 187 p. : ill., fig.  
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<https://research.ebsco.com/linkprocessor/plink?id=d52f7055-3188-3380-83d1-558660c633b9>
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<https://www.proquest.com/legacydocview/EBC/6209145?accountid=43107>  
DOI: <https://doi.org/10.4324/9780429468186>
- Devika B. 2024. Thrive in color : how to master self-advocacy and command your career as an underrepresented professional : [e-book]. Foster : WorldChangers Media, 147 p.  
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<https://research.ebsco.com/linkprocessor/plink?id=3879e3eb-6259-3136-b672-ef02f6939225>
- Dillon, T. 2022. Agile resilience : the psychology of developing resilience in the workplace : [e-book]. New York : Taylor & Francis Group, 348 p.  
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<https://www.proquest.com/legacydocview/EBC/6961951?accountid=43107>
- Kumar, P., Kumar, U. 2020. Emotion, well-being, and resilience : theoretical perspectives and practical applications. Burlington : Apple Academic Press, 705 p.  
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<https://www.proquest.com/legacydocview/EBC/6434503?accountid=43107>
- Vaimne tervis töökohal. Käsiraamat tööandjale ja töötajale : [e-raamat]. 2011. Tallinn : Tervise Areng Instituut, 34 lk.  
<https://tai.ee/et/valjaanded/vaimne-tervis-tookohal-kasiraamat-tooandjale-ja-tootajale>

## Artiklid / Articles

- Bing, B. 2025. Exploring sustainable HRM through the lens of employee wellbeing. *Sustainability*, 17(12), 5646. doi:<https://doi.org/10.3390/su17125646>  
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- Lloyd, N., Smeeton, N., Freethy. 2025. Workplace health and wellbeing in small and medium sized enterprises (SMEs) : a mixed methods evaluation of provision and support

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<https://www.sm.ee/blogi/tootajate-hea-vaimse-tervise-voti-peitub-heaolu-toetavas-tookorralduses>

Soo, K. 2023. Tööga rahulolu ja selle seos töö ja pereelu ühitamisega. Tartu : Tartu Ülikool.

<https://uhiskond.ut.ee/et/sisu/tooga-rahulolu-ja-selle-seos-too-ja-pereelu-uhitamisega>

## **Lõputööd / Final theses**

Engel, C. G. 2024. [Tallinna Strateegiakeskuse töötajate töörahulolu ja motivatsioonitegurid](#) : bakalaureusetöö / juhendaja Tiit Elenurm ; konsultant Kaire Põder. Tallinn : Estonian Business School, 65 lk. : joon.

Kul, V. 2025. [Töötajate motivatsioon Apollo Grupi restoranides : võrdlev uuring Vapiano, O'Learys ja MySushi näitel](#) : bakalaureusetöö / juhendaja Sirle Lumi. Tallinn : Estonian Business School, 45 lk.

Meitus, T. 2025. [Eesti infotehnoloogiavaldkonna töötajate töörahulolu ja töömotivatsioon enesemääratlemise teooria kaudu](#) : bakalaureusetöö / juhendaja Piret Masso. Tallinn : Estonian Business School, 54 lk. : joon., tab.

Mustalahti, J. 2023. [Employee job satisfaction in an insurance company](#) : bachelor's thesis / supervisor Riina Koris. Tallinn : Estonian Business School, 45 p. : fig., tab.

Nguyen, H. T. 2025. [Employee motivation to work in early-stage startups in Estonia](#) : bachelor's thesis / supervisors Marge Täks, Jim Seltenrijch. Tallinn : Estonian Business School, 44 p. : fig., tab.

Saiko, A. 2024. [Tööhüvede mõju LHV töötajate lojaalsusele](#) : bakalaureusetöö / juhendaja Ülle Pihlak. Tallinn : Estonian Business School, 43 lk. : joon.

Suurevälja, S. 2024. [Finantsteenusekeskuse töötajate töörahulolu edendamine](#) : bakalaureusetöö / juhendaja Marge Täks ; konsultant Renee Pesor. Tallinn : Estonian Business School, 51 lk. : joon., tab.

Torm, M. 2025. [Akadeemiliste töötajate heaolu ülikoolis](#) : magistrیتöö / juhendajad Larissa Jõgi, Kaire Povilaitis. Tallinn : Tallinna Ülikool, 51 lk.

Tuokkola, O. 2025. [The impact of purpose of work in a B2B sales company](#) : bachelor's thesis / supervisor Indrek Kaldo. Tallinn : Estonian Business School, 36 p. : fig.

Wahlström, A. 2024. [Satisfaction of female employees with female leaders in Finland](#) : bachelor's thesis / supervisor Ester Eomois. Tallinn : Estonian Business School, 46 p. : fig., tab.

## **Veebisaidid / Websites**

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Global Wellness Institute

The Global Wellness Institute (GWI) is dedicated to empowering wellness worldwide through research, education, and collaboration.

<https://globalwellnessinstitute.org/global-wellness-institute-blog/2025/03/28/workplace-wellbeing-initiative-trends-for-2025/>

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Peaasi.ee - Vaimse tervise hea tava töökohal <https://peaasi.ee/vaimse-tervise-hea-tava-tookohal/>

Tööelu portaal : Vaimne tervis

<https://www.tooelu.ee/et/uudised/1353/kes-vastutab-tootaja-vaimse-tervise-est>

Vaimse tervise esmaabi kapp <https://www.tooelu.ee/et/307/vaimse-tervise-esmaabikapp>

Euroopa Tööohutuse ja Töötervishoiu Amet

Psühhosotsiaalsed riskid ja vaimne tervis töökohal

<https://osha.europa.eu/et/themes/psychosocial-risks-and-mental-health>

European Agency for Safety and Health at Work

Psychosocial risks and mental health at work

<https://osha.europa.eu/en/themes/psychosocial-risks-and-mental-health>

Maailma Terviseorganisatsioon / World Health Organization (WHO)

Mental health

<https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

60 wellbeing apps to support employee wellness : digital solutions to support mental health, movement, recovery, coaching and healthy habits at work

<https://peopleinsight.co.uk/wellbeing-apps-workplace/>

Workplace Strategies for Mental Health

Free resources on accommodation, conflict, burnout, stress, managing change, supporting newcomers, union issues, return to work, performance and more.

<https://www.workplacestrategiesformentalhealth.com/>

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