



## Being and Well-being: Health and the Working Bodies of Silicon Valley

By J. A. English-Lueck

Stanford University Press. Paperback. Book Condition: new. BRAND NEW, Being and Well-being: Health and the Working Bodies of Silicon Valley, J. A. English-Lueck, As the great American work-benefit experiment erodes, companies are increasingly asking people to take responsibility for managing their own health. There's no question work and health are intertwined. But what effect does an intensely productive, globally connected, high-tech work environment have on a population largely entrusted with overseeing their own health needs? In California's Silicon Valley, a distinctive and medically diverse health culture has emerged. Being and Well-Being explores this health culture, detailing the biomedical, countercultural, and immigrant-based beliefs and practices that shape ideas about working, care-giving, and what it means to be healthy. As English-Lueck shows, the integration of workplace productivity with personal health has created national patterns of discrimination against those not in the productive mainstream, including the unemployed, retired, and chronically ill. But new ideas about work and health can clarify core American values, highlight emerging global trends, and provide a vital assessment of the evolution of our shared pursuit of well-being. While policymakers debate the possibilities for health insurance reform and government provisions, they overlook this lived experience. The shift of responsibility from...

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