



Joyosity

How to Cultivate Intense Happiness in Work & Life
(Even If Things Are What They Are)

by Jenn Whitmer



Non-Fiction - Self Help

220 Pages

Reviewed on 05/09/2026

Book Review

Reviewed by Asher Syed for Readers' Favorite

Jenn Whitmer's *Joyosity* examines how workplace culture gradually pulls people away from meaningful work by normalizing exhaustion and emotional disconnection. Using experiences from educational leadership, Whitmer describes how institutions often demand constant output while ignoring the human cost created by fear-driven management and endless pressure. She presents *Joyosity* as a different way of approaching leadership in which people build healthier working lives through intentional routines that restore energy and create stronger relationships with work itself. Whitmer argues that many people remain trapped inside harmful environments because they mistake survival for success and productivity for personal worth. Through practical examples grounded in ordinary professional life, she shows how small changes in daily behavior can reshape the way people experience work, leadership, responsibility, and rest. The book follows the belief that sustainable achievement begins when people stop organizing life around depletion.

In *Joyosity*, Jenn Whitmer speaks to us like somebody who has watched capable people slowly wear themselves down while calling it commitment. This is very relatable today, and a book like *Joyosity* is supremely important as we lean into systemic habits of overworking and, to put it simply, under-playing. Whitmer actually brings this up alongside LEGOs, which I can't help but love. She gives us plenty of case studies such as Aisha realizing she could walk away from a harmful office, something readers sitting in their own workplace right now will get. Better still, Whitmer gives people useful tools to apply straight away to shift course. The standout for me is the idea of creating a work shut-down ritual, changing the way I carry stress all the way home and straight into bed at night. Her example of Tiarah removing headphones during errands also says something important about how disconnected people become from ordinary human contact. Well written and with a plethora of resources at the end, *Joyosity* is the perfect match for burned-out professionals, all of whom will probably hand the book to friends after finishing it. Oh, joy! Very highly recommended.