CONTENTS

Acknowledgements ix

Introduction 1

Myth 1	Staff should work eight-hour days, Monday to Friday 3
Myth 2	Working from home reduces productivity 9
Myth 3	Social media should never be used at work 17
Myth 4	Listening to music while working is distracting 23
Myth 5	Health and safety is the enemy 29
Myth 6	Surveillance improves performance 35
Myth 7	Creating a Google-style office environment will make staff more innovative 43
Myth 8	Mindfulness is the answer to all problems 51
Myth 9	Neuroscience is the silver bullet to workplace problems 57
Myth 10	Start-ups need a different type of leader to succeed 63
Myth 11	It's better to have higher self-esteem at work 71
Myth 12	We only use 10 per cent of our brain at work 77
Myth 13	Making workplaces sustainable is a burden 81

Myth 14	The best way to motivate people is to pay them more 87
Myth 15	Employees who work the longest hours are the most valuable people 93
Myth 16	People should retire at 65 99
Myth 17	Perfectionists make the best employees 105
Myth 18	Women aren't as competitive as men at work 111
Myth 19	People's personalities can be sorted into categorie at work 117
Myth 20	Sexuality and gender should be taken into account at work 125
Myth 21	Millennials are changing the workplace 131
Myth 22	Co-workers should not form romantic relationships 137
Myth 23	Teaching and training are the same 143
Myth 24	Annual appraisals are the best way to measure performance 149
Myth 25	High achievers always make great managers 157
Myth 26	A computer is going to take your job 163
Myth 27	Open-plan offices are always the best option 169
	Index 173