

\*Work may sometimes drive us crazy, but when we don't have it, we miss it. We miss it, we want it, and perhaps we even need it. Everyone wants to be valued, and a salary is proof that we matter. Not any job will do, however. Housework and volunteer work tend to be seen as non-jobs. In our work-centered culture, a "real job" means paid employment. Being paid for a job is better for our self-esteem, too. Of course, we would also prefer work to be useful and interesting, as well, but you don't have to enjoy your job to get psychological benefits from it. According to some experts, completing even unenjoyable tasks at work contributes to our sense of well-being. \*