



The Well Workout Reading List

2021

Bowling Alone—The Collapse and Revival of American Community

by Robert D. Putnam
Simon & Schuster, 2000

Do Nothing—How to Break Away from Overworking, Overdoing, and Underliving

by Celeste Headlee
Penguin Random House, 2020

Dying for a Paycheck: How Modern Management Harms Employee Health and Company Performance – and What We Can Do About It

by Jeffrey Pfeffer
Harper Business, March 2018

Laughter Yoga: Daily Laughter Practices for Health and Happiness

by Dr. Madan Kataria
Ebury Press, May 2018

The Mind of the Leader: How to Lead Yourself, Your People, and Your Organization for Extraordinary Results

by Rasmus Hougaard and Jacqueline Carter
Harvard Business Review Press, 2018

One Second Ahead: Enhance Your Performance at Work with Mindfulness

by Rasmus Hougaard with Jacqueline Carter and Gillian Coutts
Palgrave MacMillan 2016

Rest - Why You Get More Done When You Work Less

by Alex Soojung-Kim Pang
Hatchette Book Group, 2018

Together—The Healing Power of Human Connection in a Sometimes Lonely World

by Vivek H. Murthy, M.D.
HarperCollins, 2020

We're All in This Together: Creating a Team Culture of High Performance, Trust, and Belonging

by Mike Robbins
Hay House Business, 2020