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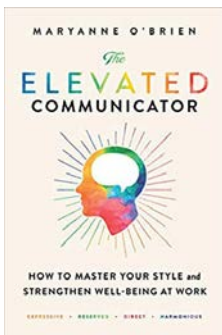
## Summer Reading List

# 10 Communication Books to Improve Employee Well-Being



While communication allows us to share and exchange information, the potential for miscommunication is never far behind — especially in the workplace. The COVID-19 pandemic revealed the struggles that countless companies face when communicating the value of employee care, which greatly impacts the overall employee experience.

As post-pandemic life unfolds, your organization’s ability to prioritize employee well-being is more important than ever. We’ve compiled a list of our favorite books emphasizing the impact communication has on well-being. These selections are sure to offer inspiration, tactics and tools for improving the way you show care for your employees.

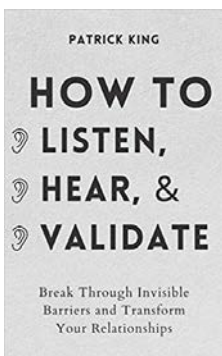


## The Elevated Communicator: How to Master Your Style and Strengthen Well-Being at Work

By Maryanne O'Brien

Work revolves around effective communication — it’s essential for building trust, collaboration, increasing awareness and even strengthening employee well-being. With burnout, stress and anxiety on the rise, strong communication skills can make or break teams. Drawing on more than a decade of original research on communication tendencies, as well as proven mindfulness and habit-formation techniques, Maryanne O'Brien's approach to communication will help you discover your full potential at work.

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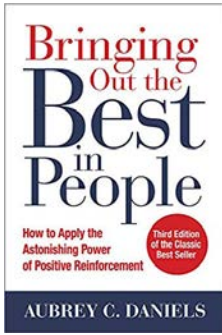


## How to Listen, Hear, and Validate: Break Through Invisible Barriers and Transform Your Relationships

By Patrick King

Poor communication causes relationships to struggle — in both work and in life. Bestselling author and social skills coach Patrick King is an expert on cultivating meaningful social interactions. King's thoughtful and proven techniques from his book will help you overcome the biggest obstacle in communication: the tendency to react instead of respond.

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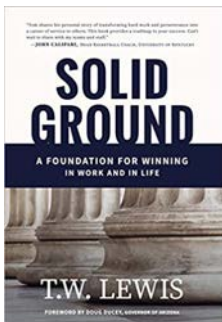


## Bringing Out the Best in People: How to Apply the Astonishing Power of Positive Reinforcement (Third Edition)

By Aubrey Daniels

Discover Daniels' successful proven strategies and positive practices to help you implement and sustain positive change. Perfect for leaders and managers, this updated edition serves as a practical and useful guide for applying scientifically-based behavioral tools and principles to not only address workplace issues, but also understand why people do what they do and how to bring out the very best in everyone.

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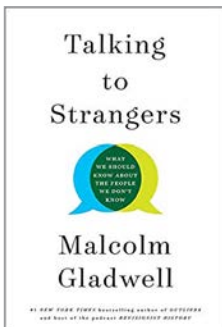


## Solid Ground: A Foundation for Winning in Work and in Life

By T.W. Lewis

A road map for overcoming obstacles and finding success and happiness, Solid Ground “shatters the popular myths in today's culture about how to create a successful life and career.” In this meaningful read, learn how the award-winning entrepreneur and philanthropist's personal experiences can help you build a solid foundation for your future.

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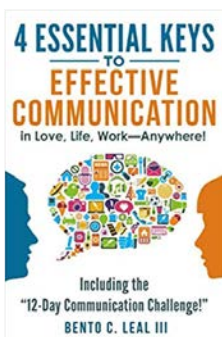


## Talking to Strangers: What We Should Know about the People We Don't Know

By Malcolm Gladwell

A must-read packed full of powerful advice, Talking to Strangers is an “examination of our interactions with strangers — and why they often go wrong.” Gladwell provides tools and strategies to help make sense of people we don't know with a breakdown of communication and guidebook through conflict and misunderstanding.

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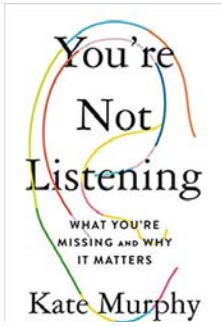


## 4 Essential Keys to Effective Communication in Love, Life, Work--Anywhere!: Including the “12-Day Communication Challenge!”

By Bento C. Leal III

Taking it back to the basics, this book serves as a guide for “practicing the key skills that will help you identify and overcome communication barriers and achieve relationship success with the important people in your life.” Whether it's becoming a better listener, expressing appreciation or successfully managing conflict, learn communication skills for both personal and professional relationships.

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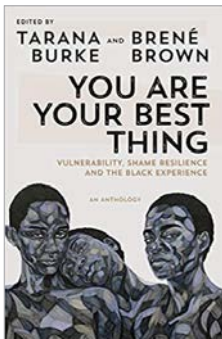


## You're Not Listening: What You're Missing and Why It Matters

By Kate Murphy

An insightful yet humorous take on listening, author Kate Murphy dives into the psychology, neuroscience and sociology of listening with practical advice on how to stop talking and start listening. From the workplace to your home, this inspiring read will teach you how to commit to listening and the benefits of being a better listener.

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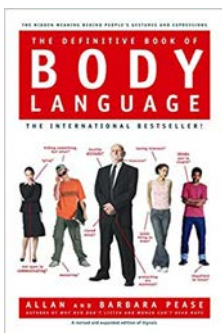


## You Are Your Best Thing: Vulnerability, Shame Resilience and the Black Experience

By Tarana Burke and Brené Brown

Inclusive communication is an important part of creating an inclusive work environment. In this new thought-provoking read, authors Tarana Burke and Dr. Brené Brown “bring together a dynamic group of Black writers, organizers, artists, academics, and cultural figures to discuss the topics the two have dedicated their lives to understanding and teaching: vulnerability and shame resilience.” Join the conversation that breaks down Black shame and healing to help create a more supportive and caring workplace.

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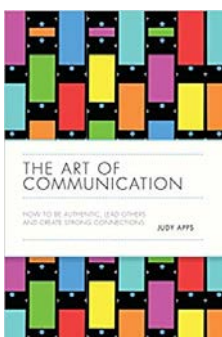


## The Definitive Book of Body Language: The Hidden Meaning Behind People's Gestures and Expressions

By Barbara Pease

Nonverbal communication can be just as (or even more) important as verbal communication when it comes to the workplace. This international bestseller “reveals the secrets of nonverbal communication to give you confidence and control in any face-to-face encounter.” Filled with simple strategies and techniques that you can apply to any situation, learn important body language signals to communicate more effectively.

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## The Art of Communication: How to be Authentic, Lead Others, and Create Strong Connections

By Judy Apps

Strong connections can be a result of good communication. Whether you're looking to deepen a relationship or gain confidence in communicating, this guide is your answer to help bring nuance, depth and meaning to every conversation you have. Discover how to take your daily conversations one step further and result in new ideas, closer relationships and genuine connections.

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# Limeade is an employee experience software company on a mission to transform work into a source of positivity, energy, humanity and purpose.

Founded in 2006, Limeade is a pioneer in the HR technology industry and is consistently recognized for its own award-winning culture. Today, Limeade solutions are used in approximately 100 countries around the globe. We help every employee know their company cares – and deliver people and business results that matter.

Limeade partners with its customers to transform the overall employee experience by helping to improve employee well-being, engagement and sense of inclusion – in addition to reducing the risk of unwanted turnover and burnout.

To learn more, visit [www.limeade.com](http://www.limeade.com). (ASX listing: LME)

