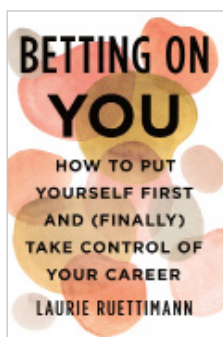


9 Powerful Reads to Infuse Well-Being Into Your Work and Life

Focusing on your own well-being is more important now than ever before. We've compiled some of our favorite books to give you inspiration, tactics and tools to improve your whole-person well-being.

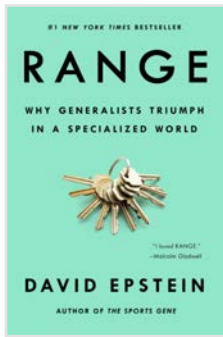


Betting on You: How to Put Yourself First and (Finally) Take Control of Your Career

By Laurie Ruettimann

Today, as businesses prioritize their bottom line over employee satisfaction and workers become increasingly isolated, the need to safeguard your well-being is crucial. Through tactical advice on how to approach work in a smart and healthy manner, which includes knowing when to sign off for the day, doubling down on our capacity to learn, fixing finances and beating impostor syndrome, Ruettimann lays out the framework necessary to champion your interests and create a life you actually enjoy.

[FIND ON AMAZON](#)

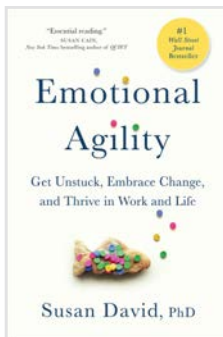


Range: Why Generalists Triumph in a Specialized World

By David Epstein

Plenty of experts argue that anyone who wants to develop a skill, play an instrument or lead their field should start early, focus intensely and rack up as many hours of deliberate practice as possible. If you dabble or delay, you'll never catch up to the people who got a head start. But a closer look at research on the world's top performers, from professional athletes to Nobel laureates, shows that early specialization is the exception, not the rule.

[FIND ON AMAZON](#)

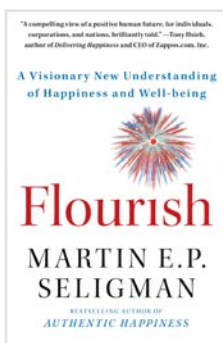


Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life

By Susan David

Emotional agility is a revolutionary, science-based approach that allows us to navigate life's twists and turns with self-acceptance, clear-sightedness and an open mind. Renowned psychologist Susan David developed this concept after studying emotions, happiness and achievement for more than 20 years. She found that no matter how intelligent or creative people are or what type of personality they have, it's how they navigate their inner world — their thoughts, feelings and self-talk — that ultimately determines how successful they will become.

[FIND ON AMAZON](#)



Flourish (A Visionary New Understanding of Happiness and Well-Being)

By Martin E.P. Seligman

Flourish builds on Dr. Seligman's game-changing work on optimism, motivation and character to show how to get the most out of life, unveiling an electrifying new theory of what makes a good life — for individuals, for communities and for nations. In a fascinating evolution of thought and practice, *Flourish* refines what positive psychology is all about.

[FIND ON AMAZON](#)

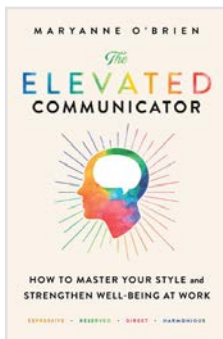


The Happiness Lab with Dr. Laurie Santos

Podcast with Dr. Laurie Santos

You might think you know what it takes to lead a happier life...more money, a better job or Instagram-worthy vacations. You're dead wrong. Yale professor Dr. Laurie Santos has studied the science of happiness and found that many of us do the exact opposite of what will truly make our lives better. Based on the psychology course she teaches at Yale, Dr. Santos will take you through the latest scientific research and share some surprising and inspiring stories that will change the way you think about happiness.

[FIND ON APPLE](#)

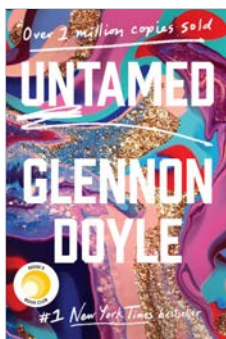


The Elevated Communicator: How to Master Your Style and Strengthen Well-Being at Work

By Maryanne O'Brien

Our work lives revolve around our ability to communicate — to share information, exchange ideas and make decisions. Effective communication is essential for cultivating trust and team collaboration, as well as our sense of purpose and well-being at work. With teams experiencing more anxiety, stress and burnout than ever before, strong communication skills have never been more essential.

[FIND ON AMAZON](#)

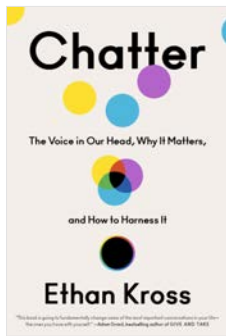


Untamed

By Glennon Doyle

Soulful and uproarious, forceful and tender, *Untamed* is both an intimate memoir and a galvanizing wake-up call. It's the story of how one woman learned that a responsible mother isn't one who slowly dies for her children, but one who shows them how to fully live. And it's the story of how each of us can begin to trust ourselves enough to set boundaries, make peace with our bodies, honor our anger and heartbreak and unleash our truest, wildest instincts so that we become women who can finally look at ourselves and say: There She Is.

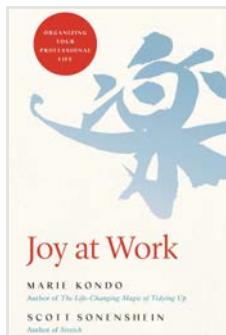
[FIND ON AMAZON](#)



Chatter: The Voice in Our Head, Why It Matters, and How to Harness It By Ethan Kross

In *Chatter*, acclaimed psychologist Ethan Kross explores the silent conversations we have with ourselves. Interweaving groundbreaking behavioral and brain research from his own lab with real-world case studies — from a pitcher who forgets how to pitch to a Harvard undergrad negotiating her double life as a spy — Kross explains how these conversations shape our lives, work and relationships. He warns that giving in to negative and disorienting self-talk — what he calls “chatter” — can tank our health, sink our moods, strain our social connections and cause us to fold under pressure.

[FIND ON AMAZON](#)



Joy at Work: Organizing Your Professional Life By Marie Kondo & Scott Sonenshein

The workplace is a magnet for clutter and mess. Who hasn't felt drained by wasteful meetings, disorganized papers, endless emails and unnecessary tasks? They can slowly drain the joy from work, limit our chances of career progress and undermine our well-being. In *Joy at Work*, bestselling author and Netflix star Marie Kondo and Rice University business professor Scott Sonenshein offer stories, studies and strategies to help you eliminate clutter and make space for work that really matters.

[FIND ON AMAZON](#)

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. (ASX listing: LME)