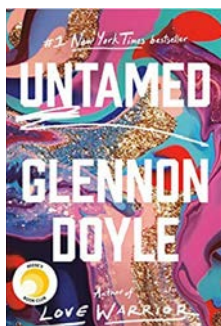


# 10 BOOKS FOR PERSONAL AND PROFESSIONAL TRANSFORMATION

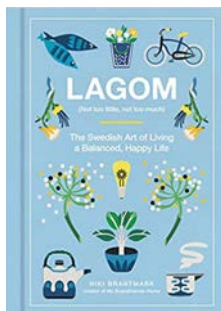
With extra time at home and excess stress building up, there is no better time than now to focus on what matters most — you. From inspirational stories on how to live life to the fullest and simple techniques you can add to your daily routine to stay calm and focused, to finding success in a new world of work and strengthening connection with your teams, learn how to look after every aspect of your well-being. These must-reads will arm you on the road to self-care — both at home and at work.



## UNTAMED BY GLENNON DOYLE

Glennon Doyle's latest memoir, "Untamed," dives into "the story of how one woman learned that a responsible mother is not one who slowly dies for her children, but one who shows them how to fully live." From how to have honest conversations with yourself but also everyone around you, to freely being yourself to unlock potential, this must-read is filled with powerful messages.

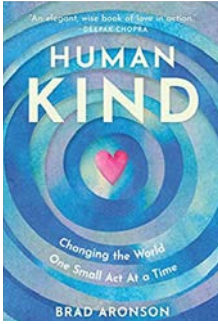
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## LAGOM: NOT TOO LITTLE, NOT TOO MUCH: THE SWEDISH ART OF LIVING A BALANCED, HAPPY LIFE BY NIKI BRANTMARK

Lagom, which means "not too much and not too little — just right," is the Swedish philosophy for enjoying balance in every aspect of life. Filled with simplistic tips and a thoughtful voice, creator of My Scandinavian Home, an interior design blog, Niki Brantmark presents a mindful way of living.

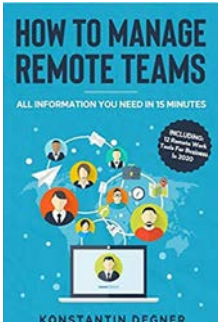
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## **HUMANKIND: CHANGING THE WORLD ONE SMALL ACT AT A TIME** **BY BRAD ARONSON**

Sometimes the smallest gestures make the biggest impact. Through his wife's illness, author Brad Aronson recalls on the acts of "humankindness" friends, family and even strangers showed during the difficult time. This feel-good book shares real stories of kindness and encouragement that we could all use a little more of right now.

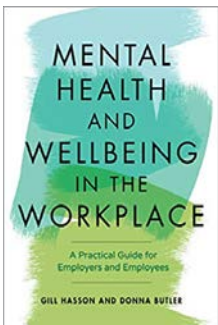
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## **HOW TO MANAGE REMOTE TEAMS:** **ALL INFORMATION YOU NEED IN 15 MINUTES** **BY KONSTANTIN DEGNER**

Staying at home means being online more than ever. This quick read provides actionable tools and strategies to manage virtual teams. From challenges and obstacles you might face to rules for success, these practical tips will help you create high performing remote and virtual teams.

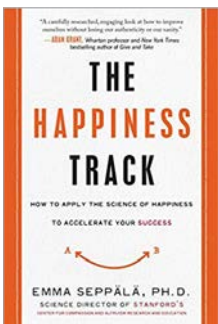
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## **MENTAL HEALTH AND WELLBEING IN THE WORKPLACE:** **A PRACTICAL GUIDE FOR EMPLOYERS AND EMPLOYEES** **BY GILL HASSON AND DONNA BUTLER**

It's important to understand how mental health affects employees, and how companies can take care of their team. This new comprehensive book "provides guidance for both employers and staff on promoting positive mental health and supporting those experiencing mental ill health in the workplace." Filled with practical advice and case studies, this book provides a great background on how you can improve well-being and strengthen mental health at work.

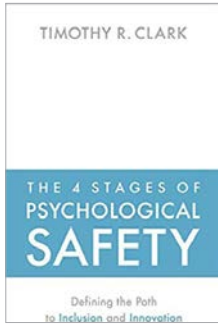
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## **THE HAPPINESS TRACK: HOW TO APPLY THE SCIENCE OF HAPPINESS** **TO ACCELERATE YOUR SUCCESS** **BY EMMA SEPPÄLÄ**

Founder of *Fulfillment Daily* and science director of the Center for Compassion and Altruism Research and Education at Stanford University, Emma Seppälä argues that in order to be successful, we need to be happy. "The Happiness Track" explores practical strategies and insights we can use in our daily lives to reveal the connection between happiness and success.

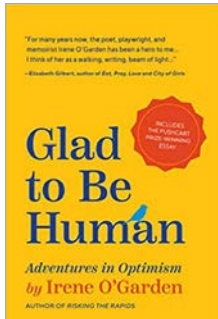
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## THE 4 STAGES OF PSYCHOLOGICAL SAFETY: DEFINING THE PATH TO INCLUSION AND INNOVATION BY TIMOTHY R. CLARK

Author Timothy R. Clark, a former CEO, Oxford-trained social scientist and organizational consultant, provides a “hands-on guide that shows how leaders can build psychological safety in their organizations, creating an environment where employees feel included, fully engaged, and encouraged to contribute their best efforts and ideas,” in his newest book release.

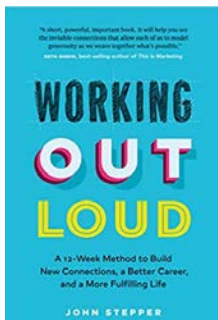
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## GLAD TO BE HUMAN: ADVENTURES IN OPTIMISM BY IRENE O'GARDEN

This inspiring and positive read reminds readers to “take a walk on the bright side” and “celebrate life just because.” Through a collection of essays, award-winning writer Irene O’Garden encourages readers to take a closer look around you to enjoy the little things. Even through the darkest moments of struggle and setback, this meaningful book serves as a reminder that there is still reason to be glad to be human.

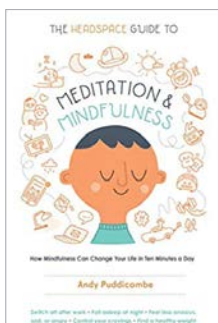
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## WORKING OUT LOUD: A 12-WEEK METHOD TO BUILD NEW CONNECTIONS, A BETTER CAREER, AND A MORE FULFILLING LIFE BY JOHN STEPPER

If you’re not familiar with the “life-changing” Working Out Loud approach, it emphasizes generosity and connection. This book “walks you through a twelve-week mastery program to put the approach into practice yourself and turn that practice into a sustainable habit.” A short, yet powerful read, “Working Out Loud” is the perfect book to focus on personal and professional transformation.

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## THE HEADSPACE GUIDE TO MEDITATION AND MINDFULNESS BY ANDY PUDDICOMBE

A recently recommended read by Bill Gates, “The Headspace Guide To Meditation And Mindfulness” sparks from Andy Puddicombe, a former Buddhist monk, the Voice of Headspace and the UK’s foremost mindfulness expert. With one mission in mind: “to get people to take 10 minutes out of their day to sit in the here and now,” this book presents techniques to calm your mind, feel less stressed, be more productive and improve aspects of your life like sleep, weight-loss and personal relationships.

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Limeade is an employee experience software company that helps build great places to work. The Limeade platform unifies employee well-being, engagement and inclusion solutions with industry-leading communications capabilities. Recognized for its own award-winning culture, Limeade helps every employee know their company cares. To learn more, visit [www.limeade.com](http://www.limeade.com).