



The Well Workout Reading List

2022

Burnout: The Secret to Unlocking the Stress Cycle

by Emily and Amelia Nagoski
Ballantine Books, 2019

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

Rest: Why You Get More Done When You Work Less

by Alex Soojung-Kim Pang
Hatchette Book Group, 2018

The Burnout Epidemic: The Rise of Chronic Stress and How We Can Fix It

by Jennifer Moss
Harvard Business Review Press, 2021

The Power of Fun: How to Feel Alive Again

by Catherine Price
The Dial Press, 2021

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

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

What's Your Story? A Journal for Everyday Evolution

by Rebecca Walker and Lily Diamond
Sounds True, 2020