



LAWYER-SPECIFIC WELL-BEING BOOKS

Anne Brafford, *Positive Professionals: Creating High-Performing, Profitable Firms Through The Science of Engagement*

Heidi Brown, *The Introverted Lawyer: A Seven Step Journey Toward Authentically Empowered Advocacy*

Kevin Chandler, *The Lawyer's Light: Daily Meditations for Growth and Recovery*

Jeena Cho & Karen Gifford, *The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation*

Andrew N. Elowitz & Marcia Watson Wasserman, *Lawyers as Managers: How to be a Champion for Your Firm and Employees*

Amiram Elwork, *Stress Management For Lawyers: How To Increase Personal & Professional Satisfaction In The Law*

Stewart Levine (Editor), *The Best Lawyer You Can Be* (compilation of chapters on lawyer well-being from multiple authors), forthcoming 2018

Michael F. Melcher, *The Creative Lawyer: A Practical Guide to Authentic Professional Satisfaction*

Rebecca Nerison, *Lawyer Anger and Anxiety: Dealing with the Stresses of the Legal Profession*

Hallie Neuman Love & Nathalie Martin, *Yoga For Lawyers: Mind-Body Techniques to Feel Better All The Time*

Scott L. Rogers, *The Six-Minute Solution: A Mindfulness Primer for Lawyers*

WELL-BEING BOOKS--GENERAL AUDIENCE

Shirzad Chamine, *Positive Intelligence: Why Only 20% of Teams and Individuals Achieve Their True Potential*

Cary Cooper and colleagues, *Resilience for Success: A Resource for Managers and Organizations*

Carol S. Dweck, *Mindset: The New Psychology of*

Success

Daniel Goleman & Richard Davidson, *Altered Traits*

Adam Grant, *Give and Take: Why Helping Others Drives Our Success*

Robert Kegan & Lisa Laskow Lahey, *Immunity to Change: How to Overcome It and Unlock the Potential in Yourself and Your Organization*

Alex Korb, *The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time*

Sonja Lyubomirsky, *The How of Happiness: A New Approach to Getting the Life You Want*

Cal Newport, *Deep Work: Rules for Focused Success in a Distracted World*

Suzann Pileggi Pawelski & James O. Pawelski, *Happy Together: Using the Science of Positive Psychology to Build Love That Lasts*

Christine Porath, *Mastering Civility: A Manifesto for the Workplace*

Jason Powers, *Positive Recovery Daily Guide: Thrive in Recovery*

Tom Rath, *Are You Fully Charged?*

Tom Rath, *Eat Move Sleep: How Small Choices Lead to Big Changes*

Karen Reivich & Andrew Shatte, *The Resilience Factor*

Martin E. P. Seligman, *Learned Optimism: How to Change Your Mind and Your Life*

Emily Esfahani Smith, *The Power of Meaning: Finding Fulfillment in a World Obsessed with Happiness*

Chade-Meng Tan, *Search Inside Yourself*

Caroline Webb, *How to Have a Good Day*

Paul J. Zak, *Trust Factor: The Science of Creating High-Performance Companies*