

Title	Author	Focus Area	Why It’s Great
Top Books On Wellness			
The Secret of Life Wellness	Inna Segal	Intuition, emotional healing, energy work	Offers tools to reclaim inner power and heal holistically
Finding Your Wellness: A Guidebook to Self-Care	Dr. Cindi Saj & Christa Smith	Self-care, stress management	Packed with accessible tips and a “take what you need” approach
Holistic Wellness	Sarah Baker	Mind-body-spirit balance	Includes action plans, meditations, and affirmations for sustainable wellness
Breakthrough: Eight Steps to Wellness	Suzanne Somers	Hormonal health, longevity	Explores cutting-edge treatments and bioidentical hormones
The Wellness Book	Dr. Herbert Benson	Stress-related illness, mind-body medicine	A classic guide to managing chronic conditions through lifestyle changes
The Body Keeps the Score	Bessel van der Kolk	Trauma recovery	Groundbreaking insights into how trauma affects the body and healing methods
Real Self-Care	Dr. Pooja Lakshmin	Boundaries, burnout	Debunks commercialized self-care and offers a values-based framework
Mindfulness in Plain English	Bhante Henepola Gunaratana	Meditation, mindfulness	Clear, practical guide to building a meditation practice
The Mind-Gut Connection	Dr. Emeran Mayer	Gut health, emotional wellbeing	Explores how your microbiome affects mood and stress
Man’s Search for Meaning	Viktor Frankl	Purpose, resilience	A profound reflection on finding meaning even in suffering
Top Books for Mental Health			
What Happened to You?	Bruce D. Perry & Oprah Winfrey	Trauma, resilience	A compassionate conversation on healing from childhood adversity
Burnout: The Secret to Unlocking the Stress Cycle	Emily & Amelia Nagoski	Stress, recovery	Especially empowering for women—offers tools to complete the stress cycle

Maybe You Should Talk to Someone	Lori Gottlieb	Therapy, self-discovery	A therapist's memoir that's funny, raw, and deeply relatable
It Didn't Start with You	Mark Wolynn	Generational trauma	Explores inherited emotional patterns and how to break them
Ten Times Calmer	Dr. Kirren Schnack	Anxiety	A practical toolkit from an NHS psychologist to manage anxious thoughts
Unstressable	Mo Gawdat & Alice Law	Stress, mindset	Combines engineering logic and psychology to tackle chronic stress
Dead Weight	Emmeline Clein	Eating disorders, feminism	Fierce and curious exploration of disordered eating and cultural pressures
Emotional First Aid	Guy Winch	Emotional pain, recovery	Offers science-backed strategies for handling rejection, failure, and guilt
Attached	Amir Levine & Rachel Heller	Relationships, attachment styles	Helps decode how we connect and why it matters for mental health
Top Books for Burnout			
Burnout: The Secret to Unlocking the Stress Cycle	Emily & Amelia Nagoski	Stress, recovery	Especially empowering for women—offers tools to complete the stress cycle
Can't Even: How Millennials Became the Burnout Generation	Anne Helen Petersen	Cultural burnout	Explores generational stress and societal pressures with sharp insight and empathy
The Burnout Fix	Dr. Jacinta M. Jiménez	Resilience, workplace	Offers a five-part framework to build sustainable success and avoid burnout traps
The Burnout Cure: Learning to Love Teaching Again	Chase Mielke	Educator burnout	Practical strategies for teachers to reignite passion and purpose

Unstressable	Mo Gawdat & Alice Law	Mindset, stress	Combines engineering logic and emotional intelligence to tackle chronic stress
52-Week Mental Health Journal	Editors at Callisto Media	Guided reflection	Weekly prompts to reduce stress and boost wellbeing—great for community wellness kits
Mindfulness for Stress Management	Dr. Robert W. Kelleman	Calm, coping	50 techniques to cultivate peace and prevent burnout before it starts
The Joy of Burnout	Dr. Dina Glouberman	Transformation	Reframes burnout as a wake-up call for deeper life change and renewal
Emotional First Aid	Guy Winch	Recovery, resilience	Tools for healing emotional wounds like rejection, failure, and guilt
Rest Is Resistance	Tricia Hersey	Rest, liberation	A bold, poetic call to reclaim rest as a radical act of self-care and healing
Multipliers	Liz Wiseman	Team empowerment	Shows how great leaders amplify the intelligence of those around them
Lean In	Sheryl Sandberg	Women in the workplace	A bold call to leadership and inclusion—still sparks great conversations
Atomic Habits	James Clear	Behavior change	Tiny changes, big results—perfect for workplace wellness and habit-building campaigns
Top Books for Growth, Leadership & Professional Growth			
Designing Your Life	Bill Burnett & Dave Evans	Career design, fulfillment	Helps you build a meaningful career using design thinking—great for Idaho dreamers and doers
The Four Greatest Coaching Conversations	Jerry Connor & Karim Hirani	Leadership, mindset	Offers frameworks for shifting attitudes and unlocking team potential

<i>How to Get Sht Done*</i>	Erin Falconer	Productivity, boundaries	Especially empowering for women—focuses on doing less to achieve more
Great at Work	Morten T. Hansen	Performance, habits	Based on a massive study of top performers—practical and data-driven
Presence	Amy Cuddy	Confidence, communication	Explores how body language shapes success—perfect for public-facing roles
Radical Candor	Kim Scott	Leadership, feedback	Teaches how to care personally while challenging directly ideal for empathetic leaders like you
The Confidence Code	Katty Kay & Claire Shipman	Self-assurance, negotiation	Breaks down myths and builds confidence, especially for women in leadership
Multipliers	Liz Wiseman	Team empowerment	Shows how great leaders amplify the intelligence of those around them
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