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Working
Well



LEADING
WORKPLACE
MENTAL HEALTH
AND WELLNESS



Speakers' Mental Health Reading Picks

Own Your Self: The Surprising Path Beyond Depression, Anxiety, and Fatigue to Reclaiming your Authenticity, Vitality and Freedom

by Dr. Kelly Brogan, M.D.

Shockaholic

by Carrie Fisher

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Speakers' Mental Health Reading Picks

Fearless Organization: Creating Psychological Safety in the Workplace for Learning, Innovation, and Growth,

by Amy C. Edmondson

The Happiness Trap: How to stop struggling and start living

by Russ Harris.

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Speakers' Mental Health Reading Picks

The Inside Edge: High Performance through Mental Fitness
by Dr. Peter Jensen

Maybe You Should Talk to Someone: A Therapist, HER Therapist, and Our Lives Revealed
by Lori Gottlieb

Getting to Yes: Negotiating Agreement without giving In
by Roger Fisher, William L. Ury, Bruce Patton

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Your Mental Health Reading Picks

Is Work Killing You? A doctor's prescription to treating workplace stress
by David Posen

Girls, Wash Your Face: Stop believing the lies about who you are so you can become who you were meant to be
by Rachel Hollis

Get out of Your Mind & Into Your Life
by Steven C. Hayes

On Killing (PTS, first responders)
by Lt. Col. Grossman

Life Changing Magic of Tidying Up
By Marie Kondo

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Your Mental Health Reading Picks

You Won't Always Be This Sad: A book of moments
By Sherri Fitch

Emotional Intelligence Quickbook:
Everything you need to know to put your EQ to work
By Dr. Travis Bradberry

The Resilience Factor: 7 keys to finding your inner strength and overcoming life's hurdles
By Karen Reivich & Andrew Shatte

Subtle Art of Not Giving a F*ck : A counterintuitive approach to living a good life
by Mark Manson

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Your Mental Health Reading Picks

Switch: How to change things when change is hard

By Chip Heath & Dan Heath

Don't Sweat the Small Stuff at Work:

Simple ways to minimize stress and conflict

By Richard Carlson

Option B: Facing adversity, building resilience, and finding joy

By Sheryl Sandberg & Adam Grant

You are a Badass: How to stop doubting your greatness and start living an awesome life

by Jen Sincero

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Your Mental Health Reading Picks

Rising Strong: How the ability to reset transforms the way we live , love, parent and lead
By Brene Brown

Everything is F*cked
By Mark Cohen

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