

WELLNESS BOOKLIST FOR RPDS AND PRECEPTORS

FICTION TITLES

TITLE	AUTHOR	TOPIC CATEGORY	GENRE	LENGTH (PAGES)
Fish!	Stephen Lundin, Harry Paul, John Christensen	Positivity, Morale Boost, Work Culture	Fiction	89
Leadership and Self-Deception	The Arbinger Institute	Leadership, Self-Deception	Fiction	177
Our Iceberg Is Melting	John Kotter, Holger Rathgeber	Change Management	Fiction	145
That's Not How We Do It Here!	John Kotter, Holger Rathgeber	Change Management	Fiction	159
The Coffee Bean	Damon West, Jon Gordon	Self-Regulation	Fiction	112
The Measure	Nikki Erlick	Well being	Fiction	368
The Midnight Library	Matt Haig	Well being	Fiction	304
The One Minute Manager Meets the Monkey	Kenneth Blanchard, William Oncken, Jr., Hal Burrows	Delegation, Leadership	Fiction	130
The Traveler's Gift	Andy Andrews	Principles of success	Historical fiction	240
Who Moved My Cheese?	Spencer Johnson	Change Management, Self- Regulation	Fiction	94

NON-FICTION TITLES

TITLE	AUTHOR	TOPIC CATEGORY	GENRE	LENGTH (PAGES)
Atomic Habits: An Easy & Proven Way to Build Good Habits and Break Bad Ones	James Clear	Time management & productivity	Non-fiction	320
Being Mortal	Atul Gawande	End of Life	Non-fiction	304
Burnout	Amelia Nagoski	Well being	Non-fiction	304
Conversational Intelligence	Judith Glaser	Communication	Non-fiction	264
Creativity, Inc	Ed Catmull, Amy Wallace	Work Culture	Non-fiction	496
Crucial Conversations	Patterson, Grenny, McMillan, Switzler	Communication, Leadership	Non-fiction	288
Cues	Vanessa Van Edwards	Communication	Non-fiction	320
Deep Work	Cal Newport	Focus	Non-fiction	304
Digital Body Language	Erica Dhawan	Communication	Non-fiction	288
Do Nothing		Slowing down	Non-fiction	
Effortless	Greg McKeown	Slowing down	Non-fiction	272
Emotional Intelligence 2.0	Travis Bradberry, Jean Greaves	Communication	Non-fiction	280
Essentialism: The Disciplined Pursuit of Less	Greg McKeown	Slowing down	Non-fiction	304
Finding Me	Viola Davis	Self awareness	Non-fiction	304
Four Thousand Weeks: Time Management for Mortals	Oliver Burkeman	Slowing down	Non-fiction	304

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Getting Things Done	David Allen	Time management & productivity	Non-fiction	352
Go Giver	Bob Burg, John David Mann	Work Culture	Non-fiction	
Grit	Angela Duckworth	Well being	Non-fiction	368
I'm Here	Marcus Engel	Communication/ Compassion	Biographical	127
Leading Inclusion	Gena Cox	DEI	Non-fiction	312
Lean In: Women, Work, and the Will to Lead	Sheryl Sandberg	Leadership	Non-fiction	240
Man's Search for Meaning	Viktor Frankl	Well being	Non-fiction	184
Medical Apartheid	Harriet Washington	DEI	Non-fiction	528
Mindset	Carol Dweck	Growth mindset	Non-fiction	320
Option B: Facing Adversity, Building Resilience, and Finding Joy	Sheryl Sandberg and Adam Grant	Resilience	Non-fiction	240
Radical Candor	Kim Scott	Communication	Non-fiction	336
Start with Why	Simon Sinek	Work Culture	Non-fiction	256
Strengths Based Leadership	Tom Rath, Barry Conchie	Leadership	Non-fiction	266
Strengths Finder			Non-fiction	
The 21 Irrefutable Laws of Leadership	John Maxwell	Leadership	Non-fiction	336
The 5 Gears: How to be Present and Productive When There's Never Enough Time	Jeremie Kubicek, Steve Cockram	Time management & productivity	Non-fiction	240
The 5 Voices: How to Communicate Effectively with Everyone You Lead	Jeremie Kubicek, Steve Cockram	Communication	Non-fiction	240
The 6 Types of Working Genius	Patrick Lencioni	Teamwork	Non-fiction	240
The 7 Habits of Highly Effective People	Stephen Covey	Problem Solving	Non-fiction	464
The Big Leap	Gay Hendricks	Self awareness	Non-fiction	224
The Daily Stoic	Ryan Holiday, Stephen Hanselman	Daily Meditation, Well Being	Non-fiction	387
The Florence Prescription	Joe Tye	Accountability and Ownership	Non-fiction	242
The Immortal Life of Henrietta Lacks	Rebecca Skloot	DEI	Historical non-fiction	381
The Infinite Game	Simon Sinek	Leadership	Non-fiction	272
The Power of a Positive No	William Ury	Communication	Non-fiction	272
The Power of Habit	Charles Duhigg	Time management & productivity	Non-fiction	416
The Power of Regret	Daniel Pink	Forward thinking	Non-fiction	256
The Ruthless Elimination of Hurry	John Mark Comer	Slowing down	Non-fiction	304
The Spirit Catches You and You Fall Down	Anne Fadiman	DEI	Non-fiction	368

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TITLE	AUTHOR	TOPIC CATEGORY	GENRE	LENGTH (PAGES)
Think Again: The Power of Knowing What You Don't Know	Adam Grant	Unlearning	Non-fiction	320
Thinking Fast and Slow	Daniel Kahneman	How we think	Non-fiction	512
Unreasonable Hospitality	Will Guidara	Work Culture	Non-fiction	288
Validated: Lighthouses of Hope in the Storms of Self Doubt	Kate Cozart	Impostor Phenomenon	Non-fiction	135
When Breath Becomes Air	Paul Kalanithi	End of Life	Biographical	228
You Win in the Locker Room First	Jon Gordon, Mike Smith	Role Based Leadership	Non-fiction	176
Deep Work: Rules for Focused Success in a Distracted World	Cal Newport	Time Management & Productivity	Non-fiction	304

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