



PREVENTING BURNOUT

More Information for You to Consider

Crazy Busy

Overstretched, Overbooked and About To Snap. Strategies for Handling Your Fast-Paced Life.

Edward M. Hallowell, M.D.

The Way we are Working Isn't Working

Tony Schwartz

Burnout

The Cost of Caring

Christina Maslach

Thrive

The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom and Wonder

Arianna Huffington

The Hurried Child

Growing Up Too Fast Too Soon

David Elkind

Work Won't Love You Back

A Survival Guide for Dual Career Couples

Stephen and Ivonne Hobfole

Working Fathers

New Strategies for Balancing Work and Family

James Levine

Lean In

Women, Work and The Will to Lead

Sheryl Sandberg

The Myth of the Perfect Mother

Rethinking the Spirituality of Women

Carla Barnhill

The Myth of Multitasking

David Crenshaw

Coming to Our Senses

Healing Ourselves Through Mindfulness

Jon Kabat-Zinn

The Heart Aroused

Poetry and the Preservation of the Soul in Corporate America

David Whyte

Chained to the Desk

Bryan Robinson

Bury My Heart in Conference Room B

Stan Slap