



Life-Work Reading List

1. *Slowing Down to the Speed of Life*, Richard Carlson
2. *Chained to the Desk*, Bryan Robinson
3. *The Time Bind: When Work Becomes Home and Home Becomes Work*, Arlie Russell Hochschild
4. *The Myth of the Perfect Mother: Rethinking the Spirituality of Women*, Carla Barnhill
5. *Working Fathers: New Strategies for Balancing Work and Family*, James Levine
6. *Perfect Madness: Motherhood in the Age of Anxiety*, Judith Warner
7. *Breathing Space*, Jeff Davidson
8. *Work Won't Love You Back, a Survival Guide for Dual Career Couples*, Stephen and Ivonne Hobfole
9. *Inner Simplicity: 100 ways to Regain Peace and Nourish Your Soul*, Elaine St. James
10. *The Hurried Child: Growing Up Too Fast Too Soon*, David Elkind
11. *The Second Shift*, Arlie Hochschild
12. *The Overworked American and the Unexpected Decline of Leisure*, Juliet B. Schor
13. *Coming To Our Senses: Healing Ourselves Through Mindfulness*, Jon Kabat-Zinn
14. *The Heart Aroused: Poetry and the Preservation of the Soul in Corporate America*, David Whyte
15. *Confessions of a Workaholic*, Dr. Wayne Oates
16. BlueSuitMom.com
17. Fatherhoodproject.org
18. Odaddy.com

