



## The Well Workout Reading List

updated September 2020

### ***Dying for a Paycheck: How Modern Management Harms Employee Health and Company Performance – and What We Can Do About It***

by Jeffrey Pfeffer

Harper Business, March 2018

### ***Laughter Yoga: Daily Laughter Practices for Health and Happiness***

by Dr. Madan Kataria

Ebury Press, May 2018

### ***Rest - Why You Get More Done When You Work Less***

by Alex Soojung-Kim Pang

Hatchette Book Group, 2018

### ***The Power of Rest - Why Sleep Alone Is Not Enough***

by Matthew Edlund, M.D.

HarperCollins, 2011

### ***The Fifth Discipline -The Art & Practice of The Learning Organization***

by Peter Senge

Doubleday, 1990

### ***Do Nothing—How to Break Away from Overworking, Overdoing, and Underliving***

by Celeste Headlee

Penguin Random House, 2020

### ***Bowling Alone—The Collapse and Revival of American Community***

by Robert D. Putnam

Simon & Schuster, 2000

### ***Together—The Healing Power of Human Connection in a Sometimes Lonely World***

by Vivek H. Murthy, M.D.

HarperCollins, 2020

### ***We're All in This Together: Creating a Team Culture of High Performance, Trust, and Belonging***

by Mike Robbins

Hay House Business, 2020