

1. *Power of a Positive No* by William Ury (2007)
 - a. Author info: William Ury is the co-founder of Harvard's Program on Negotiation, where he directs the Project on Preventing War. One of the world's leading negotiation specialists, his past clients include dozens of Fortune 500 companies as well as the White House and Pentagon. Ury received his B.A. from Yale and a Ph.D. in Anthropology from Harvard. His books *Getting to YES* and *Getting Past No* have sold more than five million copies worldwide.
 - b. Synopsis: *The Power of a Positive No* offers concrete advice and practical examples for saying No in virtually any situation. Whether you need to say No to your customer or your coworker, your employee or your CEO, your child or your spouse, you will find in this book the secret to saying No clearly, respectfully, and effectively. This indispensable book gives you a simple three-step method for saying a Positive No. It will show you how to assert and defend your key interests; how to make your No firm and strong; how to resist the other side's aggression and manipulation; and how to do all this while still getting to Yes. In the end, the Positive No will help you get not just to any Yes but to the right Yes, the one that truly serves your interests.

2. *The Mindful Self-Compassion Workbook* By Kristin Neff (2018)
 - a. Author Info: Kristin Neff, PhD, is Associate Professor of Human Development and Culture at the University of Texas at Austin and a pioneer in the field of self-compassion research. Her books include *The Mindful Self-Compassion Workbook* and *Self-Compassion* (for the general public) and *Teaching the Mindful Self-Compassion Program* (for professionals). She is also author of an audio program, *Self-Compassion: Step by Step*, and has published numerous academic articles. She lectures and offers workshops worldwide. Together with Christopher Germer, Dr. Neff hosts an 8-hour online course, "The Power of Self-Compassion." Her website is <https://self-compassion.org>.
Christopher Germer, PhD, has a private practice in mindfulness- and compassion-based psychotherapy in Arlington, Massachusetts, and is a part-time Lecturer on Psychiatry at Harvard Medical School/Cambridge Health Alliance. He is a founding faculty member of the Institute for Meditation and Psychotherapy and of the Center for Mindfulness and Compassion. His books include *The Mindful Self-Compassion Workbook* and *The Mindful Path to Self-Compassion* (for the general public) and *Teaching the Mindful Self-Compassion Program, Wisdom and Compassion in Psychotherapy*, and *Mindfulness and Psychotherapy, Second Edition* (for professionals). Dr. Germer lectures and leads workshops internationally. His website is <https://chrisgermer.com>.
 - b. Synopsis: Are you kinder to others than you are to yourself? More than a thousand research studies show the benefits of being a supportive friend to yourself, especially in times of need. This science-based workbook offers a step-by-step approach to breaking free of harsh self-judgments and impossible standards in order to cultivate emotional well-being. In a convenient large-size format, the book is based on the authors' groundbreaking eight-week Mindful Self-Compassion (MSC) program, which has helped tens of thousands of people worldwide. It is packed with guided meditations (with audio downloads); informal practices to do anytime, anywhere; exercises; and vivid stories of people using the techniques to address relationship stress, weight and body image issues, health concerns, anxiety, and other common

problems. The seeds of self-compassion already lie within you--learn how you can uncover this powerful inner resource and transform your life.

3. *The Joy of Movement* by Kelly McGonigal (2019)

- a. Author Info: **Kelly McGonigal, Ph.D.**, is a research psychologist, a lecturer at Stanford University, and an award-winning science writer. She is the author of the international bestseller *The Willpower Instinct*, *The Upside of Stress*, and *Yoga for Pain Relief*. Her work has been published in twenty-eight languages. Since 2000, she has taught dance, yoga, and group exercise in the San Francisco Bay Area.
- b. Synopsis: Through her trademark blend of science and storytelling, McGonigal draws on insights from neuroscience, psychology, anthropology, and evolutionary biology, as well as memoirs, ethnographies, and philosophers. She shows how movement is intertwined with some of the most basic human joys, including self-expression, social connection, and mastery--and why it is a powerful antidote to the modern epidemics of depression, anxiety, and loneliness.

McGonigal tells the stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more, with examples that span the globe, from Tanzania, where one of the last hunter-gatherer tribes on the planet live, to a dance class at Juilliard for people with Parkinson's disease, to the streets of London, where volunteers combine fitness and community service, to races in the remote wilderness, where athletes push the limits of what a human can endure. Along the way, McGonigal paints a portrait of human nature that highlights our capacity for hope, cooperation, and self-transcendence.

4. *The Grieving Brain* by Mary Francis O'Connor (2023)

- a. Author Info: Mary-Frances O'Connor, PhD is an associate professor of psychology at the University of Arizona, where she directs the Grief, Loss and Social Stress (GLASS) Lab, investigating the effects of grief on the brain and the body. O'Connor earned a PhD in clinical psychology from the University of Arizona in 2004, and completed a post-doctoral fellowship in psychoneuroimmunology at the UCLA Semel Institute for Neuroscience and Human Behavior. Following a faculty appointment at UCLA Cousins Center for Psychoneuroimmunology, she returned to the University of Arizona in 2012. Having grown up in Montana, she now lives in sunny Tucson, Arizona.
- b. Synopsis: In *The Grieving Brain*, neuroscientist and psychologist Mary-Frances O'Connor, PhD, gives us a fascinating new window into one of the hallmark experiences of being human. O'Connor has devoted decades to researching the effects of grief on the brain, and in this book, she makes cutting-edge neuroscience accessible through her contagious enthusiasm, and guides us through how we encode love and grief. With love, our neurons help us form attachments to others; but, with loss, our brain must come to terms with where our loved ones went, or how to imagine a future without them.

- i. *The Grieving Brain* addresses:

1. Why it's so hard to understand that a loved one has died and is gone forever.

2. Why grief causes so many emotions—sadness, anger, blame, guilt, and yearning.
3. Why grieving takes so long.
4. The distinction between grief and prolonged grief.
5. Why we ruminate so much after we lose a loved one.
6. How we go about restoring a meaningful life while grieving.

5. *Sober Curious* by Ruby Warrington (2020)

- a. Author Info: **RUBY WARRINGTON** is a lifestyle writer and former features editor of the UK's *Sunday Times Style* supplement. In 2013, she created *The Numinous*, an online magazine that bridges the gap between the mystical and the mainstream. She is also the cofounder of Moon Club, an online mentoring program for spiritual activists, and "sober curious" event series Club SODA NYC. She now lives in New York City with her husband, Simon (a.k.a. "The Pisces").
- b. Synopsis: How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? *Really* different, it turns out. *Really better*. Frank, funny, and always judgment free, *Sober Curious* is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on research, expert interviews, and personal narrative, *Sober Curious* is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, *Sober Curious* is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives.

6. *Let Your Life Speak: Listening to the Voice of Vocation* by Parker J. Parker (1999)

- a. Author Info: **PARKER J. PALMER** is a writer, teacher, and activist whose work speaks deeply to people in many walks of life. Author of ten books—including several best-selling and award-winning titles—that have sold two million copies, Palmer is the Founder and Senior Partner Emeritus of the Center for Courage & Renewal. He holds a Ph.D. in sociology from the University of California at Berkeley, as well as thirteen honorary doctorates, two Distinguished Achievement Awards from the National Educational Press Association, and an Award of Excellence from the Associated Church Press. In 1998, the Leadership Project, a national survey of 10,000 educators, named him one of the 30 most influential senior leaders in higher education and one of the 10 key agenda-setters of the past decade. In 2010, he was given the William Rainey Harper Award (previously won by Margaret Mead, Marshall McLuhan, Paulo Freire, and Elie Wiesel). In 2011, the Utne Reader named him as one of "25 Visionaries Who Are Changing Your World." In 2021, the Freedom of Spirit Fund, a UK-based foundation, gave him their "Lifetime Achievement Award" in honor of work that promotes and protects spiritual freedom. For 20-plus years, the Accrediting Commission for Graduate Medical Education (ACGME) has given annual Parker J. Palmer "Courage to Teach" and "Courage to Lead" Awards to directors of exemplary medical residency programs. "Living the Questions: Essays Inspired by the Work and Life of Parker J. Palmer," was published in 2005. Born and raised in the Chicago area, he has lived in NYC, Berkeley, CA, Washington, DC, and Philadelphia, PA. He currently lives in Madison, Wisconsin.

- b. **Synopsis:** With wisdom, compassion, and gentle humor, Parker J. Palmer invites us to listen to the inner teacher and follow its leadings toward a sense of meaning and purpose. Telling stories from his own life and the lives of others who have made a difference, he shares insights gained from darkness and depression as well as fulfillment and joy, illuminating a pathway toward vocation for all who seek the true calling of their lives.

7. *Unwinding Anxiety by Judson Brewer, M.D., PHD (2021)*

- a. **Author Info:** Jud Brewer MD PhD is a thought leader in the field of habit change and the “science of self-mastery”, having combined over 20 years of experience with mindfulness training with his scientific research therein. He is the Director of Research and Innovation at the Mindfulness Center and associate professor in Behavioral and Social Sciences and Psychiatry at the Schools of Public Health & Medicine at Brown University. He also is a research affiliate at MIT. A psychiatrist and internationally known expert in mindfulness training for addictions, Brewer has developed and tested novel mindfulness programs for habit change, including both in-person and app-based treatments for smoking, emotional eating, and anxiety. He has also studied the underlying neural mechanisms of mindfulness using standard and real-time fMRI and EEG neurofeedback. He has trained US Olympic athletes and coaches, foreign government ministers, and his work has been featured on 60 Minutes, TED (4th most viewed talk of 2016, with 14+ Million views), Time magazine (top 100 new health discoveries of 2013), Forbes, BBC, NPR, Al Jazeera (documentary about his research), Businessweek and others. His work has been funded by the National Institutes of Health, American Heart Association, among others. Dr. Brewer founded MindSciences to move his discoveries of clinical evidence behind mindfulness for anxiety, eating, smoking and other behavior change into the hands of consumers (see www.drjud.com for more information). He is the author of *The Craving Mind: from cigarettes to smartphones to love, why we get hooked and how we can break bad habits* (New Haven: Yale University Press, 2017). Follow him on twitter @judbrewer.
- b. **Synopsis: A step-by-step plan clinically proven to break the cycle of worry and fear that drives anxiety and addictive habits.** We think of anxiety as everything from mild unease to full-blown panic. But it’s also what drives the addictive behaviors and bad habits we use to cope (e.g. stress eating, procrastination, doom scrolling and social media). Plus, anxiety lives in a part of the brain that resists rational thought. So we get stuck in anxiety habit loops that we can’t think our way out of or use willpower to overcome. Dr. Brewer teaches us to map our brains to discover our triggers, defuse them with the simple but powerful practice of curiosity, and to train our brains using mindfulness and other practices that his lab has proven can work.

8. *Atomic Habits by James Clear (2018)*

- a. **Author info: James Clear** is a writer and speaker focused on habits, decision making, and continuous improvement. He is the author of the #1 *New York Times* bestseller, *Atomic Habits*. The book has sold over 15 million copies worldwide and has been translated into more than 50 languages. Clear is a regular speaker at Fortune 500 companies and his work has been featured in places

like *Time* magazine, the *New York Times*, the *Wall Street Journal* and on *CBS This Morning*. His popular "3-2-1" email newsletter is sent out each week to more than 3 million subscribers.

- b. Synopsis: No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. *Atomic Habits* will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.
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9. *Blue Zone Challenge* by Dan Buettner (2021)
 - a. Author Info: Dan Buettner is a National Geographic Explorer, a writer, and the founder of Quest Network, Inc. His 2005 cover story for *National Geographic* magazine, "Secrets of Living Longer," was a finalist for the National Magazine Award. He has appeared on CNN, *David Letterman*, *Good Morning America*, *Primetime Live*, and the *Today* show to discuss his Blue Zones research, and he has delivered more than 500 keynote speeches over the last 10 years. He is the author of the best-selling *Blue Zones Kitchen*, as well as *The Blue Zones*, *The Blue Zones Solution*, and *The Blue Zones of Happiness*. He splits his time between California and Minnesota, where you can also find two of the original Blue Zones Project Cities.
 - b. Synopsis: **In this companion to the number one *New York Times* bestseller *The Blue Zones Kitchen*, Dan Buettner offers a four-week guide and year-long sustainability program to jump-start your journey to better health, happiness, less stress, and a longer life.**
Get started on the path to a longer, healthier, happier life with this quick start to building your own Blue Zones lifestyle. Dan Buettner, founder of the Blue Zones and author of the *New York Times* number one best-selling *Blue Zones Kitchen*, offers the challenge of a lifetime: Build a foundation for better nutrition, more exercise, and a stronger social life that will extend your lifetime by years.
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10. *The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness* by Rhonda V. Magee (2021)
 - a. Author Info: **Rhonda V. Magee** is a professor of law at the University of San Francisco. Also trained in sociology and mindfulness-based stress reduction (MBSR), she is a highly practiced facilitator of trauma-sensitive, restorative MBSR interventions for lawyers and law students, and for minimizing the effects of social-identity-based bias. Magee has been a visiting scholar at the Center for the Study of Law and Society and a visiting professor of law at the University of California, Berkeley.
 - b. Synopsis: In a society where unconscious bias, microaggressions, institutionalized racism, and systemic injustices are so deeply ingrained, healing is an ongoing process. When conflict and division are everyday realities, our instincts tell us to

close ranks, to find the safety of those like us, and to blame others. This book profoundly shows that in order to have the difficult conversations required for working toward racial justice, inner work is essential. Through the practice of embodied mindfulness--paying attention to our thoughts, feelings, and physical sensations in an open, nonjudgmental way--we increase our emotional resilience, recognize our own biases, and become less reactive when triggered. It is only by healing from injustices and dissolving our personal barriers to connection that we develop the ability to view others with compassion and to live in community with people of vastly different backgrounds and viewpoints. Incorporating mindfulness exercises, research, and Magee's hard-won insights, *The Inner Work of Racial Justice* offers a road map to a more peaceful world.

11. *Your Brain on Art* by Susan Magsamen and Ivy Ross (2023)

- a. **Author Info:** **Susan Magsamen** is the founder and director of the International Arts + Mind Lab, Center for Applied Neuroaesthetics at Johns Hopkins University School of Medicine, where she is a faculty member. She is also the co-director of the NeuroArts Blueprint. Susan works with both the public and private sectors using arts and culture evidence-based approaches in areas including health, child development, education, workforce innovation, rehabilitation, and social equity. **Ivy Ross** is the Vice President of Design for hardware product area at Google, where she leads a team that has won over 225 design awards. She is a National Endowment for Arts grant recipient and was ninth on *Fast Company's* list of the one hundred Most Creative People in Business in 2019. Ross believes that the intersection of arts and sciences is where the most engaging and creative ideas are found.
- b. **Synopsis:** Many of us think of the arts as entertainment—a luxury of some kind. In *Your Brain on Art*, authors Susan Magsamen and Ivy Ross show how activities from painting and dancing to expressive writing, architecture, and more are essential to our lives. We're on the verge of a cultural shift in which the arts can deliver potent, accessible, and proven solutions for the well-being of everyone. Magsamen and Ross offer compelling research that shows how engaging in an art project for as little as forty-five minutes reduces the stress hormone cortisol, no matter your skill level, and just one art experience per month can extend your life by ten years. They expand our understanding of how playing music builds cognitive skills and enhances learning; the vibrations of a tuning fork create sound waves to counteract stress; virtual reality can provide cutting-edge therapeutic benefit; and interactive exhibits dissolve the boundaries between art and viewers, engaging all of our senses and strengthening memory. Doctors have even been prescribing museum visits to address loneliness, dementia, and many other physical and mental health concerns.

12. *Calming Your Angry Mind: How Mindfulness and Compassion Can Free You From Anger and Bring Peace to Your Life* by Jeffrey Brantley (2014)

- a. **Author Info:** Jeffrey Brantley, MD, DFAPA, has practiced mindfulness meditation for over thirty years, and his work in medicine and psychiatry has emphasized mindfulness and mindfulness-based interventions to promote individual health and well-being. He is a founding faculty member of Duke Integrative Medicine, and

founded the Mindfulness-Based Stress Reduction Program at Duke Integrative Medicine in 1998. Brantley is the author of *Calming Your Anxious Mind* and coauthor of the Five Good Minutes® series and *Daily Meditations for Calming Your Anxious Mind*.

- b. Synopsis: In this highly anticipated book, renowned mindfulness expert and author of *Calming Your Anxious Mind* Jeff Brantley offers a breakthrough approach using mindfulness-based stress reduction (MBSR) and compassion practices to help you better handle the anger, fear, and hostile emotions that can wreak havoc at home, work, and in relationships. In addition, you will also learn important self-awareness skills to help you stop overreacting and improve communication with others. While other self-help books focus on traditional anger management, Brantley offers solutions that give you personal control over the experience of anger in your life. Inside, you'll discover the three major meditative approaches to soothing anger: stabilizing mind and body through concentrating your attention mindfully; using compassionate attention and reflection to disarm the energy of your anger; and learning to use wise understanding about the impermanent and "conditioned" nature of your angry reactions in order to diminish your vulnerability to anger's power.

13. *There's a Cow in the Parking Lot: A Zen Approach to Overcoming Anger* by Leonard Scheff and Susan Edmiston (2010)

- a. Authors Info: Susan Edmiston, a former editor at *Redbook* and *Glamour*, writes for *New York*, *The New York Times Magazine* and *Book Review*, *Esquire*, *The San Francisco Chronicle*, and *Women's Day*. She lives in Berkeley, California. Leonard Scheff, a successful trial lawyer in Tucson, Arizona, is also a practicing Buddhist who, for the last fifteen years, has conducted seminars on managing anger.
- b. Synopsis: Using simple Buddhist principles and applying them in a way that is easy for non-Buddhists to understand and put into practice, Scheff and Susan Edmiston have created an interactive book that helps readers change perspective, step-by-step, so that they can replace the anger in their lives with newfound happiness. Based on the Transforming Anger workshop Shceff created, *The Cow in the Parking Lot* shows how anger is based on unmet demands, from the reasonable (we want love from our partner) to the irrational (we want respect from a total stranger) to the impossible (we want someone to fix everything in our life). The authors show how, once we identify our real unmet demands, we can dissolve the anger. The same is true for our "buttons"—once we understand them, we can defuse what happens when they're pushed.

14. *The Comfort of Crows* by Margaret Renkl (2023)

- a. Author Info: Margaret Renkl is the author of *Late Migrations: A Natural History of Love and Loss* (2019) and *Graceland, At Last: Notes On Hope and Heartache from the American South*. Her new book, *The Comfort of Crows, A Backyard Year*, will be published in October 2023. She is also a contributing opinion writer for *The New York Times*, where her essays appear each Monday. A graduate of Auburn University and the University of South Carolina, she lives in Nashville. Learn more at margaretrenkl.com.

- b. Synopsis: In *The Comfort of Crows*, Margaret Renkl presents a literary devotional: fifty-two chapters that follow the creatures and plants in her backyard over the course of a year. As we move through the seasons—from a crow spied on New Year's Day, its resourcefulness and sense of community setting a theme for the year, to the lingering bluebirds of December, revisiting the nest box they used in spring—what develops is a portrait of joy and grief: joy in the ongoing pleasures of the natural world, and grief over winters that end too soon and songbirds that grow fewer and fewer. With fifty-two original color artworks by the author's brother, Billy Renkl, *The Comfort of Crows* is a lovely and deeply moving book from a cherished observer of the natural world.