



International  
**Wellbeing Insights**  
People, Culture & Wellbeing



Stress Management Society  
from distress to de-stress

# Suggested Reading List 2020

For further information, please contact  
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## Suggested Reading

### THE 10-STEP STRESS SOLUTION

Neil Shah

### INTRODUCING NEUROLINGUISTIC PROGRAMMING (NLP): A PRACTICAL GUIDE

Neil Shah

### START WITH WHY: HOW GREAT LEADERS INSPIRE EVERYONE TO TAKE ACTION

Simon Sinek

### THE ONE MINUTE MANAGER MEETS THE MONKEY

Blanchard, Burrows & Oncken

### WHY WE SLEEP: THE NEW SCIENCE OF SLEEP AND DREAMS

Matthew Walker

### THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE Steven R. Covey

### S.U.M.O (SHUT UP, MOVE ON) - THE STRAIGHT-TALKING GUIDE TO SUCCEEDING IN LIFE

Paul McGee

### GAMES PEOPLE PLAY Eric Berne

### I'M OK, YOU'RE OK Thomas A. Harris

### COUNSELLING FOR TOADS: A PSYCHOLOGICAL ADVENTURE

Robert De Board

### STICK WITH IT: THE SCIENCE OF LASTING BEHAVIOUR Dr. Sean Young

### THE CHIMP PARADOX Prof. Steve Peters

### LEADERS EAT LAST: WHY SOME TEAMS PULL TOGETHER AND OTHERS DON'T

Simon Sinek

### THE ONE THING: THE SURPRISINGLY SIMPLE TRUTH BEHIND EXTRAORDINARY RESULTS Gary Keller, Jay Papasan

### THE 4-HOUR WORK WEEK Tim Ferris

### MANAGE YOUR ENERGY, NOT YOUR TIME Tony Schwartz

## Suggested Reading

### **THE CODDLING OF THE AMERICAN MIND: HOW GOOD INTENTIONS AND BAD IDEAS ARE SETTING UP A GENERATION FOR FAILURE**

Jonathan Haidt, Greg Lukianoff

**LIFE 3.0** Max Tegmark

**MEMORIES, DREAMS, REFLECTIONS** CG Jung

**MEDITATIONS** Marcus Aurelius

**THE FOUR AGREEMENTS** Don Miguel Ruiz

### **STEALING FIRE: HOW SILICON VALLEY, THE NAVY SEALS, AND MAVERICK SCIENTISTS ARE REVOLUTIONIZING THE WAY WE LIVE AND WORK**

Steven Kotler, Jamie Wheal

### **LOST CONNECTIONS: UNCOVERING THE REAL CAUSES OF DEPRESSION - AND THE UNEXPECTED SOLUTIONS**

Johann Hari

### **THE COACHING HABIT: SAY LESS, ASK MORE & CHANGE THE WAY YOU LEAD FOREVER**

Michael Bungay Stanier

### **THE ANGER TRAP: FREE YOURSELF FROM THE FRUSTRATIONS THAT SABOTAGE YOUR LIFE**

Frank Minirth, Les Carter

### **RADICAL CANDOR: BE A KICK-ASS BOSS WITHOUT LOSING YOUR HUMANITY**

Kim Scott

### **EXTREME OWNERSHIP: HOW U.S. NAVY SEALS LEAD AND WIN**

Jocko Willink

### **MINDFULNESS FOR CREATIVITY: ADAPT, CREATE AND THRIVE IN A FRANTIC WORLD**

Danny Penman

### **MINDFULNESS: THE EIGHT-WEEK MEDITATION PROGRAMME FOR A FRANTIC WORLD**

Prof. Mark Willimas, Danny Penman

### **THE SCIENCE OF MINDFULNESS: A RESEARCH-BASED PATH TO WELL-BEING**

Ronald Siegel