



International
Wellbeing Insights
People, Culture & Wellbeing



Stress Management Society
from distress to de-stress

Suggested Reading List

2021

For further information, please contact
International Wellbeing Insights — 0203 142 8650
support@stress.org.uk

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

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

MANAGE YOUR ENERGY, NOT YOUR TIME

Tony Schwartz