



RESOURCES

Courses

Landmark Education
Mindset Mentorship by Dana Lee
Nonviolent Communication
Sedona Soul Adventures
The Work of Byron Katie

Books and Articles

Achor, Shawn. *Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change*. New York, NY: Random House Audio, 2013.
— —. *The Happiness Advantage: How a Positive Brain Fuels Success in Work and Life*. New York, NY: Random House Audio, 2010.

Brady, Joan. *God on a Harley: A Spiritual Fable*. New York, NY: Pocket Books, 1996.

Bray Attwood, Janet, and Chris Attwood. *The Passion Test: The Effortless Path to Discovering Your Life Purpose*. New York, NY: Plume, 2008.

Coelho, Paulo. *The Alchemist*. New York, NY: Harper One, 1993.

David, Susan, PhD. *Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life*. New York, NY: Penguin Audio, 2016.

Dennett, Carrie. “Could walking barefoot on grass improve your health? Some research suggests it can.” *The Washington Post*, July 10, 2018.

Feintzeig, Rachel. “Feeling Burned Out at Work? Join the Club.” *The Wall Street Journal*, February 28, 2017.

Frankl, Viktor E. *Man’s Search for Meaning*. Ashland, OR: Blackstone Audio, Inc., 2004.

Harrell, Keith. *Attitude Is Everything: 10 Life-Changing Steps to Turning Attitude into Action*. New York, NY: Harper Collins Publishers, Inc. 2005.

Hawkins, David R, MD, PhD. *Letting Go: The Pathway of Surrender*. Carlsbad, CA: Hay House, 2012.

— —. *Power vs. Force: The Hidden Determinants of Human Behavior*. Carlsbad, CA: Hay House, 2012.



From Burnout to Purpose: Resources

Hay, Louise L. *You Can Heal Your Life*. Santa Monica, CA: Hay House, 1987.

His Holiness the Dalai Lama and Howard C. Cutler, MD. *The Art of Happiness at Work*. New York, NY: Riverhead Books, 2003.

Katie, Byron with Stephen Mitchell. *Loving What Is: Four Questions that Can Change Your Life*. New York, NY: Random House Audio, 2016.

Leiter, Michael P., and Christina Maslach. *Banishing Burnout: Six Strategies for Improving Your Relationship with Work*. San Francisco, CA: Jossey-Bass, 2005.

Neff, Kristen, PhD. *Self-Compassion: The Proven Power of Being Kind to Yourself*. New York, NY: William Morrow, 2011.

Schucman, Helen, PhD, with William Thetford, PhD. *A Course in Miracles*. Novato, CA: Foundation for Inner Peace, 2007.

Shimoff, Marci with Carol Kline. *Happy for No Reason: 7 Steps to Being Happy from the Inside Out*. New York, NY: Free Press, 2008.

Other Resources

Achor, Shawn. www.shawnachor.com/

American Management Association. www.amanet.org

Breathwork at Global Professional Breathwork Alliance. breathworkalliance.com

Brown, Brené. brenebrown.com

Campbell, Joseph. Works by Campbell: Books at www.jcf.org/works/by-campbell/books/

David, Susan, PhD. www.susandavid.com

Hawkins, David. veritaspublishing.com

Hay, Louise. www.louisehay.com

Heart-Focused Breathing at HeartMath Institute. www.heartmath.org/articles-of-the-heart/the-math-of-heartmath/heart-focused-breathing/



From Burnout to Purpose: Resources

His Holiness the Dalai Lama. www.dalailama.com

Kid Snippets www.youtube.com/user/BoredShortsTV

The Maslach Burnout Inventory (MBI) and Areas of Worklife Survey (AWS) by Christina Maslach and Michael Leiter

Neff, Kristen, PhD. <https://self-compassion.org>

Passion Test. www.thepassiontest.com

Somatic Psychotherapy. usabp.org/Body-Psychotherapy-versus-Somatic-Psychology/