

Self-Care Books

RECOMMENDATIONS

"BURNOUT: THE SECRET TO UNLOCKING THE STRESS CYCLE" BY EMILY NAGOSKI AND AMELIA NAGOSKI

This book explains the science of stress and provides practical strategies to complete the stress cycle and prevent burnout.

"DARE TO LEAD: BRAVE WORK. TOUGH CONVERSATIONS. WHOLE HEARTS." BY BRENÉ BROWN

Brené Brown discusses how to lead with courage and vulnerability, which can contribute to a healthier work environment and reduce stress.

"ATOMIC HABITS: AN EASY & PROVEN WAY TO BUILD GOOD HABITS & BREAK BAD ONES" BY JAMES CLEAR

Clear's book provides a practical framework for building habits that support well-being and work-life balance.

"HOW TO DO NOTHING: RESISTING THE ATTENTION ECONOMY" BY JENNY ODELL

Odell's book is a call to reclaim your time and attention from the demands of the modern world, promoting rest and self-care.

"THE MINDFULNESS SOLUTION: EVERYDAY PRACTICES FOR EVERYDAY PROBLEMS" BY RONALD D. SIEGEL

This book offers mindfulness practices that can help manage stress and improve overall mental health and well-being.

"ESSENTIALISM: THE DISCIPLINED PURSUIT OF LESS" BY GREG MCKEOWN

McKeown argues for a more focused and intentional approach to life, helping you prioritise what truly matters and eliminate the non-essential.