

Your Top 10 Happiness Bookshelf

From *50 Lessons for Happy Lawyers: Boost wellness. Build resilience. Yes, you can!*

By Nora Riva Bergman and Chelsy A. Castro

Sonja Lyumbomirsky, *The How of Happiness: A Scientific Approach to Getting the Life You Want* (Penguin Books, 2008).

Shawn Achor, *The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work* (Crown Business, 2010).

Rick Hanson and Forrest Hanson, *Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness* (Harmony Books, 2018).

Bonnie St. John and Allen Haines, *Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy* (Center Street, 2017).

Kelly McGonigal, *The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do To Get More of It* (Avery Trade, 2013).

Jeena Cho and Karen Gifford, *The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation* (American Bar Association, 2016).

Srikumar Rao, *Happiness at Work: Be Resilient, Motivated, and Successful – No Matter What* (McGraw Hill, 2010).

Jeremy Adam Smith et al., *The Gratitude Project: How the Science of Thankfulness Can Rewire Our Brains for Resilience, Optimism, and the Greater Good* (Oakland, CA: New Harbinger Publications, Inc, 2020).

Rick Hanson and Forrest Hanson, *Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness* (Harmony Books, 2018).

Brené Brown, *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* (Penguin Random House, 2012).