



# unwind your mind booklist



## Managing Stress:

**Emotional Agility** by Susan David  
**Thrive** by Arianna Huffington  
**Burnout - The Secret to Unlocking the Stress Cycle** by Emily and Amelia Nagoski  
**The Upside of Stress** by Kelly McGonigal

## Challenging Negative Thinking:

**The Chimp Paradox** by Prof. Steve Peters  
**Eliminate Negative Thinking** by Derick Howell  
**Mind Full: Unwreck Your Head, De-Stress Your Life** by Dermot Whelan  
**Why Has Nobody Told Me This Before?** by Dr. Julie Smith

## Managing Attention:

**Indistractable** by Nir Eyal  
**Essentialism** by Greg McKeown  
**Deep Work** by Cal Newport  
**Attention Management - How to Create Success and Gain Productivity** by Maura Nevel Thomas

## Improving Sleep:

**Why We Sleep** by Professor Matthew Walker  
**The Sleep Book - How to Sleep Well Every Night** by Dr. Guy Meadows  
**Teach Yourself to Sleep - An Ex-Insomniac's Guide** by Kate Mikhail  
**The Sleep Revolution** by Arianna Huffington

## Building Positive Habits:

**Atomic Habits** by James Clear  
**The Power of Habit** by Charles Duhigg  
**Small Habits Revolution - 10 Steps to Transforming Your Life Through The Power of Mini Habits** by Damon Zahariades  
**One Small Step Can Change Your Life - The Kaizen Way** by Robert Maurer