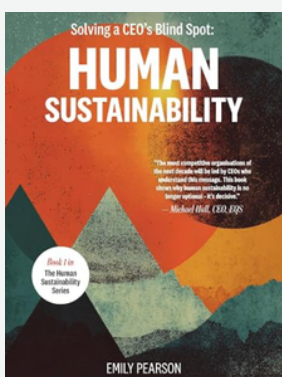




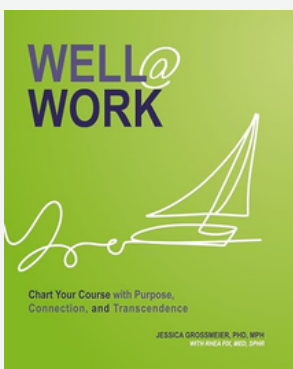
Recommended Reading List

These recommendations were gathered through collaboration and ongoing dialogue within the global workforce wellbeing community - including authors, [Workplace Wellbeing Initiative members](#). Together, these thinkers represent a broad spectrum of expertise and lived experience, uniting science, strategy, and storytelling to inspire meaningful change at work.



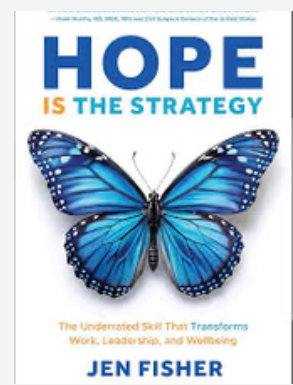
Solving a CEO's Blind Spot: Human Sustainability
Emily Pearson

Reframes performance through human sustainability, helping leaders build healthier cultures where people and businesses thrive.



Well at Work |
Jessica Grossmeier & Rhea Fix

Offers a practical guide to feeling more connected, aligned and fulfilled in work-whether paid, caring or volunteering.



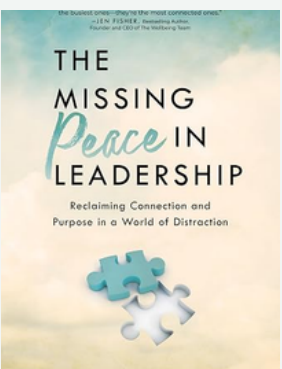
Hope Is the Strategy
Jen Fisher

Teaches leaders how to harness hope as a strategic skill to build resilience, inspire teams, and drive sustainable wellbeing.



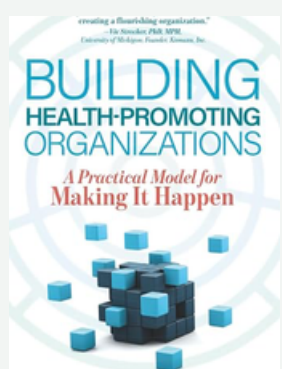
Make Work Work
Deborah Lovich

Introduces five simple leadership habits designed to reduce burnout, strengthen engagement, and improve workplace culture.



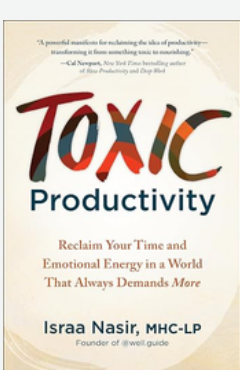
The Missing Peace in Leadership
Cree Scott

Shows leaders how connection, clarity, and purpose can strengthen resilience and create more human leadership.



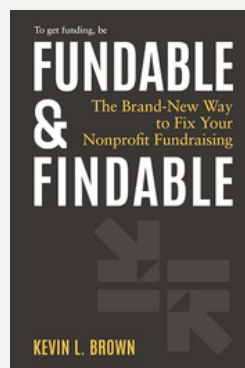
Building Health-Promoting Organizations
Suzy Harrington

Offers a practical model for embedding wellbeing into organizational systems and creating lasting cultural change.



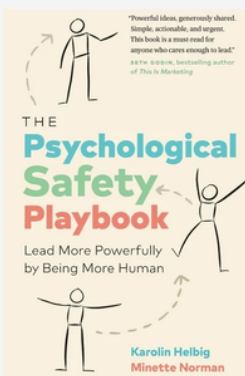
Toxic Productivity |
Israa Nasir

Explores constant achievement pressure and offers ways to reclaim time, energy, and personal wellbeing.



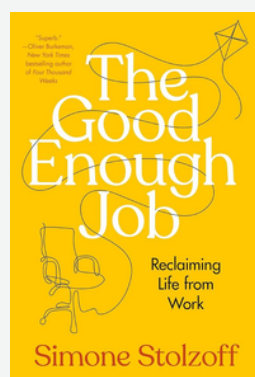
Fundable & Findable |
Kevin L. Brown

Helps mission-driven organizations strengthen strategy, storytelling, visibility, and sustainable approaches to fundraising.



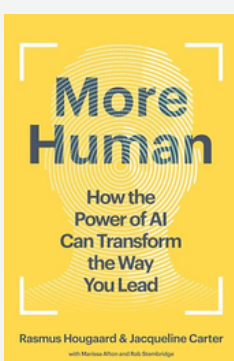
The Psychological Safety Playbook |
Karolin Helbig and Minette Norman

Offers practical behaviors and tools for building psychological safety, trust, inclusion, and openness within teams.



The Good Enough Job |
Simone Stolzoff

Explores healthier boundaries between work, identity, purpose, and the rest of our lives.



More Human: How the Power of AI Can Transform the Way You Lead

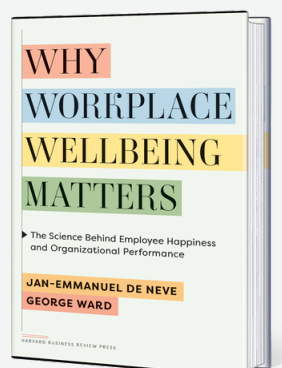
Rasmus Hougaard & Jacqueline Carter

Shows how AI can strengthen human leadership qualities while supporting better organizational performance.



For the Long Run
Jessica Spendlove

Helps build sustainable habits for energy, recovery, sleep, movement, nutrition, and stress management.



Why Workplace Wellbeing Matters
Jan-Emmanuel De Neve & George Ward

Groundbreaking research connecting employee wellbeing to productivity, retention, and business success.



Wellbeing: Science and Policy |
Richard Layard
Jan-Emmanuel De Neve

Explains what shapes wellbeing, how to measure it, and how evidence can improve decisions.