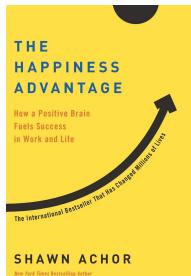




10 Books to Boost Mental Health

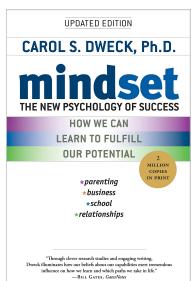
by The Campfire Team



The Happiness Advantage

By Shawn Achor

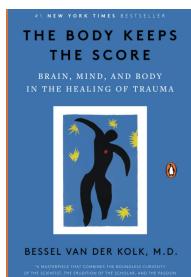
"This book helped me to realize that being happy is what brings success, not vice-versa. Of course, "being happy" is not as simple as it sounds—this book gave me practical lessons to become more calm and optimistic in trying times." —Taylor Murphy, Campfire



Mindset

By Carol Dweck

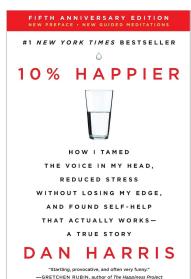
"When so much in life can seem out of our control, it's encouraging to be reminded by writers like Carol Dweck that our attitude can make a huge difference in how we experience the world."—Raven Haymond, Lucid



The Body Keeps the Score

By Bessel Van Der Kolk

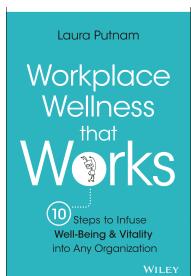
"A fascinating exploration of a wide range of therapeutic treatments shows readers how to take charge of the healing process, gain a sense of safety, and find their way out of the morass of suffering."—Francine Shapiro, Ph.D.



10% Happier

By Dan Harris

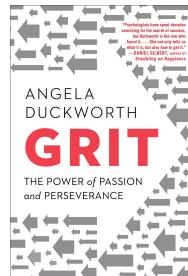
"If, like me, you are skeptical of the benefits of meditation, read this book! Author Dan Harris makes a compelling case for why practicing mindfulness can help you feel ten percent happier."—Jessica Tyler, Hundley & Harrison



Workplace Wellness That Works

By Laura Putnam

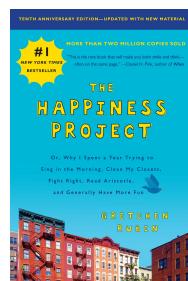
"Laura incorporates workplace design, culture, and a more employee-centric perspective with practical examples I can use to deliver healthier work environments... in the dynamic and intense technology startup market."—Christopher S. Dean, Swrve Mobile



Grit

By Angela Duckworth

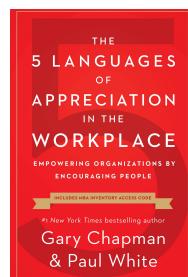
"Grit is a persuasive and fascinating response to the cult of IQ fundamentalism. Duckworth reminds us that it is character and perseverance that set the successful apart."—Malcolm Gladwell



The Happiness Project

By Gretchen Rubin

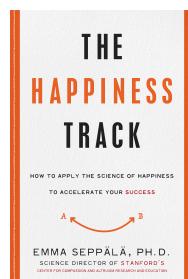
"Aided by her formidable intelligence and willingness to try anything, [Rubin] spent a year road-testing every theory about happiness she could get her hands on, using her own life as the road."—TIME



The 5 Languages of Appreciation in the Workplace

By Gary Chapman & Paul White

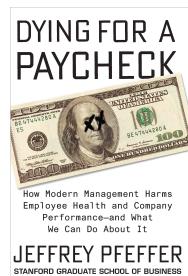
"[This] has been a pivotal resource in helping our employees and culture grow. It is amazing to see how trust grows... [as] the correct language of appreciation for each employee is utilized."—Evan Wilson, Meritrust Credit Union



The Happiness Track

By Emma Seppälä

"Drawing on research from neuroscience and psychology, and her own groundbreaking work at Stanford, [Seppälä] gives us six powerful ways to turn greater well-being into greater success."—Rick Hanson, Ph.D.



Dying for a Paycheck

By Jeffrey Pfeffer

"Pfeffer examines the... relationship between dysfunctional workplace practices and employee health. [This] is a compelling and important read for all of us seeking to produce a healthy and engaged organization."—Gary Loveman, Caesars Entertainment