

Suggested reading list for members/possible Book Club discussions

1. [*Mental Health and Wellness: Destigmatizing the Discussion and Promoting Solutions.*](#) January 2018 Florida Bar Journal (articles by various authors)
2. [*Positive Professionals: Creating High-Performing Profitable Firms Through the Science of Engagement*](#) by Anne Brafford
3. [*Lost Found & Rewired: Mind Tools to Shift you from Stressed and Frazzled to Calm and Vital*](#) by Cynthia Dougherty, Ph.D.
4. [*Life Your Way: Refresh Your Approach to Success and Breathe Easier in a Fast-Paced World*](#) by Amy Wood, Psy.D.
5. [*50 Lessons for Lawyers: Earn More. Stress Less. Be Awesome*](#) by Nora Riva Bergman
6. [*Beyond Smart: Lawyering with Emotional Intelligence*](#) by Ronda Muir
7. [*The Healing Power of Breath: Simple Techniques to Reduce Stress and Anxiety, Enhance Concentration, and Balance Your Emotions*](#) by Richard P. Brown MD and Patricia L. Gerbarg, M.D.
8. [*The Addicted Lawyer: Tales of the Bar, Booze, Blow and Redemption*](#) by Brian Cuban
9. [*Feeling the Heat: An Interrogation of the Soul*](#) by John B. Contini
10. [*Girl Walks Out of a Bar: A Memoir*](#) by Lisa Smith
11. [*The Anxious Lawyer*](#) by Jeena Cho
12. [*Full Catastrophe Living*](#) by Jon Kabat-Zinn
13. [*Wherever You Go, There You Are*](#) by Jon Kabat-Zinn