

Master List		
Number	Title	Author
1	We Are All Perfectly Fine	Jill Horton, MD
2	Becoming A Doctors' Doctor	Michael Myers
3	Becoming A Doctors' Doctor	Michael Myers
4	Set boundaries, find peace	Nedra Tawwab
5	Physician wellness: The Rockstar Doctor's guide	Rebekah Bernard
6	Wherever you go, there you are (Mindfulness meditation)	Jon Kabat-Zinn
7	Burnout: The Secret to Unlocking the Stress Cycle	Emily Nagoski, Amelia Nagoski
8	Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed	Lori Gottlieb
9	Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America	Robert Whitaker
10	How Doctors Think	Jerome Groopman
11	Better: A Surgeon's Notes on Performance	Atul Gawande
12	When Breath Becomes Air	Paul Kalanith
13	Every Patient Tells a Story: Medical Mysteries and the Art of Diagnosis	Lisa Sanders
14	What Doctors Feel: How Emotions Affect the Practice of Medicine	Danielle Ofri
15	The Gifts of Imperfection	Brene Brown
16	Workbook for The Gifts of Imperfection	Brene Brown
17	Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience	Brene Brown
18	Women Don't Ask: Negotiation and the Gender Divide	Linda Babcock
19	Stay in Medicine: How Physicians Can Move Past Burnout and Regain Control	Janet Cruz
20	The Untethered Soul: The Journey Beyond Yourself	Michael Singer
21	Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones	James Clear
22	We Were Made for These Times	Kaira Jewel Lingo
23	Awakening Joy: 10 Steps to Happiness	James Baraz
24	Stop Physician Burnout: What to Do When Working Harder Isn't Working	Dike Drummond
25	Stop Physician Burnout: What to Do When Working Harder Isn't Working	Dike Drummond
26	Stop Physician Burnout: What to Do When Working Harder Isn't Working	Dike Drummond
27	No Mud, No Lotus	Thich Nhat Hanh
28	Fair Play	Eve Rodsky
29	Your Heart is the Size of Your Fist	Martina Scholtens, MD
30	no books assigned	
31	Being Mortal	Atul Gawande
32	The Healing Power of Mindfulness	Jon Kabat-Zinn
33	The Happiness Project	Gretchen Rubin
34	Attending Medicine, Mindfulness, and Humanity	Ronald Epstein, MD

35	The Art of Rest	Claudia Hammond
36	We Are All Perfectly Fine	Jill Horton, MD
37	Poetry RX	Norman E. Rosenthal, MD
38	Move the Body, Heal the Mind	Jennifer Heisz, PhD
39	The Body Keeps the Score	Bessel Van Der Kolk, MD
40	The Power of Kindness	Brian Goldman, MD
41	Attending Medicine, Mindfulness, and Humanity	Ronald Epstein, MD
42	The Mind-Body Cure	Bal Pawa, MD
43	Mindful Medicine	Jan Chozen Bays, MD
44	The Body is Not An Apology	Sonya Renee Taylor
45	Daring Greatly	Brene Brown, PhD, MSW
46	Why We Sleep: Unlocking the power of sleep and dreams	Matthew Walker, PhD
47	The Doctor is In/Curable	D.R. Wright
48	Untamed	Glennon Doyle
49	The Body Keeps the Score	Bessel Van Der Kolk, MD
50	Burnout: The Secret to Unlocking the Stress Cycle	Emily Nagoski, Amelia Nagoski
51	When We Do Harm: A Doctor Confronts Medical Error	Danielle Ofri, MD
52	From Strength to Strength	Arthur C. Doyle
53	The No Book Club	Linda Babcock
54	no books assigned	
55	Quiet: The Power of Introverts in a World That Can't Stop Talking	Susan Cain
56	Burnout: The Secret to Unlocking the Stress Cycle	Emily Nagoski
57	The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture	Daniel Maté and Gabor Maté
58	Set Boundaries, Find Peace: A Guide to Reclaiming Yourself	Nedra Glover Tawwab
59	Women Don't Ask	Linda Babcock and Sara Laschever
60	Awakening Joy: 10 Steps to True Happiness	James Baraz and Shoshana Alexander
61	Your Heart Is the Size of Your Fist: A Doctor Reflects on Ten Years at a Refugee Clinic	Dr. Martina Scholtens
62	Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones	James Clear
63	We Are All Perfectly Fine: A Memoir of Love, Medicine and Healing	Jillian Horton
64	The Healing Power of Mindfulness: A New Way of Being	Jon Kabat-Zinn
65	Better: A Surgeon's Notes on Performance	Atul Gawande
66	No Mud, No Lotus: The Art of Transforming Suffering	Thich Nhat Hanh
67	Every Patient Tells a Story: Medical Mysteries and the Art of Diagnosis	Lisa Sanders
68	Fair Play: A Game-Changing Solution for When You Have Too Much to Do (and More Life to Live)	Eve Rodsky
69	Nonviolent Communication: A Language of Life	Marshall Rosenberg
70	The Body Is Not an Apology: The Power of Radical Self-Love	Sonya Renee Taylor

71	Why We Sleep: Unlocking the Power of Sleep and Dreams	Matthew Walker
72	Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead	Brené Brown
73	The Gift of Imperfection	Brené Brown
74	Difficult Conversations: How to Discuss What Matters Most	Bruce Patton, Douglas Stone, and Sheila Heen
75	The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity	Norman Doidge
76	The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma	Bessel van der Kolk
77	High Conflict: Why We Get Trapped and How We Get Out	Amanda Ripley
78	Becoming a Doctors' Doctor: A Memoir	Michael F Myers MD
79	The Resilient Life: Manage Stress, Prevent Burnout, & Strengthen Your Mental and Physical Health	Dr. Susan Biali Haas
80	The Resilient Life: Manage Stress, Prevent Burnout, & Strengthen Your Mental and Physical Health	Dr. Susan Biali Haas
81	Life in Five Senses: How Exploring the Senses Got Me Out of My Head and Into the World	Gretchen Rubin
82	Dopamine Nation: Finding Balance in the Age of Indulgence	Dr. Anna Lembke
83	Come as You Are: The Surprising New Science that Will Transform Your Sex Life	Emily Nagoski Ph.D.
84	Come as You Are: The Surprising New Science that Will Transform Your Sex Life	Emily Nagoski Ph.D.
85	Emotional Agility	Dr. Susan David
86	Emotional Agility	Dr. Susan David
87	Enchantment: The Awakening Wonder in an Anxious Age	Katherine May
88	Enchantment: The Awakening Wonder in an Anxious Age	Katherine May
89	Falling Back in Love with Being Human	Kai Cheng Thom
90	Falling Back in Love with Being Human	Kai Cheng Thom
91	From Burnout to Balance: How to reclaim your life & improve your health	Harriet Griffey
92	From Burnout to Balance: How to reclaim your life & improve your health	Harriet Griffey
93	Grit: The Power of Passion and Perseverance	Angela Duckworth
94	Grit: The Power of Passion and Perseverance	Angela Duckworth
95	Hanging Out: The Radical Power of Killing Time	Sheila Liming
96	Hanging Out: The Radical Power of Killing Time	Sheila Liming
97	How to Be the Love You Seek: Break Cycles, Find Peace, and Heal Your Relationships	Dr. Nicole LePera
98	How to Be the Love You Seek: Break Cycles, Find Peace, and Heal Your Relationships	Dr. Nicole LePera
99	How to Do the Work: Recognize Your Patterns, Heal from Your Past, and Create Your Self	Dr. Nicole LePera
100	How to Do the Work: Recognize Your Patterns, Heal from Your Past, and Create Your Self	Dr. Nicole LePera
101	How to Meet Your Self: The Workbook for Self-Discovery	Dr. Nicole LePera
102	How to Meet Your Self: The Workbook for Self-Discovery	Dr. Nicole LePera
103	In the Realm of Hungry Ghosts: Close Encounters with Addiction	Gabor Mate Md
104	In the Realm of Hungry Ghosts: Close Encounters with Addiction	Gabor Mate Md
105	Never Enough: When Achievement Culture Becomes Toxic-and What We Can Do About It	Jennifer Breheny Wallace
106	Never Enough: When Achievement Culture Becomes Toxic-and What We Can Do About It	Jennifer Breheny Wallace

107	Rest Is Resistance	Tricia Hersey
108	Rest Is Resistance	Tricia Hersey
109	Seek	Scott Shigeoka (Balance)
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111	Sharp Notions: Essay from the Stitching Life	Edited by: Marita Dachsel and Nancy Lee
112	Sharp Notions: Essay from the Stitching Life	Edited by: Marita Dachsel and Nancy Lee
113	The Curse of the Good Girl: Raising Authentic Girls with Courage and Confidence	Rachel Simmons
114	The Curse of the Good Girl: Raising Authentic Girls with Courage and Confidence	Rachel Simmons
115	The Two Most Important Days: How to Find Your Purpose - and Live a Happier, Healthier Life	Sanjiv Chopra and Gina Vild
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117	no books assigned	
118	no books assigned	
119	Transitions: Making Sense Of Life's Changes	William Bridges
120	Transitions: Making Sense Of Life's Changes	William Bridges