

GOOD READS

Curious to learn more? Here are some books we recommend, organized by chapter.

CHAPTER 1: THE PRODUCTIVE LEADER: IT'S MORE THAN TIME MANAGEMENT

1. Replace “Just Do It” with “Just Plan It”

The Checklist Manifesto: How to Get Things Right by Atul Gawande
Changing for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward by James O. Prochaska, John C. Norcross, and Carlo C. DiClemente

2. Trick Yourself into Getting Started

One Small Step Can Change Your Life: The Kaizen Way by Robert Maurer
Getting Things Done: The Art of Stress-Free Productivity by David Allen

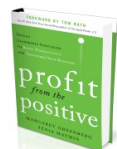
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3. Set Habits, Not Just Goals

The Power of Habit: Why We Do What We Do in Life and Business by Charles Duhigg

4. Work Less, Accomplish More

Sleeping with Your Smartphone: How to Break the 24/7 Habit and Change the Way You Work by Leslie Perlow

Smarts and Stamina: The Busy Person's Guide to Optimal Health and Performance by Marie-Josée Shaar and Kathryn Britton

CHAPTER 2: THE RESILIENT LEADER: GIVE YOURSELF A PSYCHOLOGICAL KICK IN THE PANTS

1. Don't Quit, Just Quit Being an Expert

Why Zebras Don't Get Ulcers by Robert M. Sapolsky

Mindset: The New Psychology of Success by Carol S. Dweck

Curious? Discover the Missing Ingredient to a Fulfilling Life by Todd Kashdan

2. Put on an Explorer's Hat

Learned Optimism: How to Change Your Mind and Your Life by Martin Seligman

The Resilience Factor: 7 Essential Skills for Overcoming Life's Inevitable Obstacles by Karen Reivich and Andrew Shatté

Resilience: How to Navigate Life's Curves, edited by Senia Maymin and Kathryn Britton

3. Win Debates Against Yourself

Peak: How Great Companies Get Their Mojo from Maslow by Chip Conley

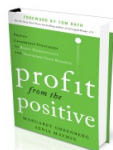
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Taming Your Gremlin: A Surprisingly Simple Method for Getting Out of Your Own Way by Rick Carson

CHAPTER 3: THE CONTAGIOUS LEADER: CONTROL YOUR EMOTIONS, NOT YOUR EMPLOYEES

1. Recognize the Achoo! Effect

Positivity: Top Notch Research Reveals the 3 to 1 Ratio That Will Change Your Life by Barbara Fredrickson

2. Tame Your Oscar the Grouch If You Need To

The Law of the Garbage Truck: How to Respond to People Who Dump on You, and How to Stop Dumping on Others by David J. Pollay

3. Don't Be a Control Freak

The No-Asshole Rule: Building a Civilized Workplace and Surviving One That Isn't by Robert I. Sutton

CHAPTER 4: THE STRENGTHS-BASED LEADER: CAPITALIZE ON WHAT'S RIGHT

1. Stop Asking the Wrong Questions

What Got You Here Won't Get You There: How Successful People Become Even More Successful by Marshall Goldsmith

2. Find Solutions, Not Faults

Give and Take: A Revolutionary Approach to Success by Adam M. Grant

3. Know Your Strengths or No One Else Will

Strengths Based Leadership: Great Leaders, Teams, and Why People Follow by Tom Rath and Barry Conchie

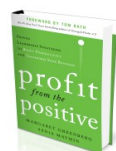
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CHAPTER 5: HIRING: THE FITNESS TEST

1. Hire for What's Not on the Resume

101 Smart Questions to Ask on Your Interview by Ron Fry

101 Great Answers to the Toughest Interview Questions by Ron Fry

2. Predict the Future by Digging into the Past

Thinking, Fast and Slow by Daniel Kahneman

3. Don't Overlook Your Culture's Quirks

Delivering Happiness: A Path to Profits, Passion, and Purpose by
Tony Hsieh

CHAPTER 6: ENGAGING EMPLOYEES: BRING OUT THE BEST VERSUS GET THE MOST

1. Don't Just Read the Book

Ha! We are not recommending a book here.

2. Turn Strengths into a Team Sport

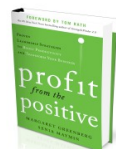
*Strengths Based Leadership: Great Leaders, Teams, and Why People
Follow* by Tom Rath and Barry Conchie

Go Put Your Strengths to Work by Marcus Buckingham

3. Don't Fire Poor Performers; Fire 'Em Up

Flow: The Psychology of Optimal Experience by Mihaly Csikszent-
mihalyi

*High Impact Leader: Moments Matter in Accelerating Authentic Lead-
ership Development* by Bruce J. Avolio and Fred Luthans



4. Give FRE: Frequent Recognition and Encouragement

Encouraging the Heart: A Leader's Guide to Rewarding and Recognizing Others by James Kouzes and Barry Posner

Energize Your Workplace: How to Create and Sustain High-Quality Connections at Work by Jane E. Dutton

How Full Is Your Bucket? Positive Strategies for Work and Life by Tom Rath

CHAPTER 7: PERFORMANCE REVIEWS: CHANGE 'EM OR CHUCK 'EM

1. Obsess over Strengths But Don't Ignore Weaknesses

Drive: The Surprising Truth About What Motivates Us by Dan H. Pink

2. Don't Make Goals Easy and Vague

Succeed: How We Can Reach Our Goals by Heidi Grant Halvorson and Carol S. Dweck

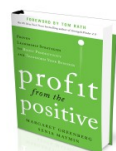
3. Preview, Don't Just Review, Performance

The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal by Jim Loehr and Tony Schwartz

Making Hope Happen by Shane Lopez

4. Chew the Fat; Don't Chew Them Out

Crucial Conversations: Tools for Talking When Stakes Are High, second edition, by Kerry Patterson, Joseph Grenny, Ron McMillan, and Al Switzler



Difficult Conversations: How to Discuss What Matters Most by Douglas Stone, Bruce Patton, Sheila Heen, and Roger Fisher

CHAPTER 8: MEETINGS: FROM ENERGY BUSTER TO ENERGY BOOSTER

The Thin Book of Appreciative Inquiry by Sue Annis Hammond
The Appreciative Inquiry Summit: A Practitioner's Guide for Leading Large-Group Change by James D. Ludema, Diane Whitney, Bernard J. Mohr, and Thomas J. Griffin

CHAPTER 9—THE POSITIVE DEVIANT: THREE THINGS I CAN START TODAY

Good Reads About Leading Change

Made to Stick: Why Some Ideas Survive and Others Die by Chip Heath and Dan Heath
Switch: How to Change Things When Things are Hard by Chip Heath and Dan Heath
Building the Bridge as You Walk on It: A Guide to Leading Change by Robert E. Quinn
Positive Organizational Scholarship: Foundations of a New Discipline, edited by Kim S. Cameron, Jane E. Dutton, and Robert E. Quinn

Good Reads About Positive Psychology

Authentic Happiness: Using the New Positive Psychology to Realize Your Full Potential for Lasting Fulfillment by Martin E. P. Seligman

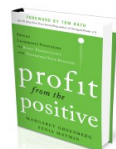
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Flourish: A Visionary New Understanding of Happiness and Well-Being by Martin E. P. Seligman

Happier: Learn the Secrets of Daily Joy and Lasting Fulfillment by Tal Ben-Shahar

The Happiness Advantage: The Seven Principles That Fuel Success and Performance at Work by Shawn Achor

The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom by Jonathan Haidt

The How of Happiness: A New Approach to Getting the Life You Want by Sonja Lyubomirsky

A Primer in Positive Psychology by Christopher Peterson

Scan PositivePsychologyNews.com, a site Senia founded in 2006 that has over 1,000 articles on positive psychology research by over 100 authors.

