

**2018 NALP Professional Development Institute
Thriving Under Stress – Are You Listening To Your Brain**

Our favorite references on this topic are marked in bold below with additional references listed.

Resource List

Authors	Title of Book	Year
Achor, Shawn	The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work	2010
Alidina, Shamash	Mindfulness for Dummies	2015
Alidina, Shamash	The Mindful Way Through Stress – The Proven 8-week Path to Health, Happiness, and Wellbeing	2015
Amabile, Teresa; Kramer, Steven	The Progress Principle: Using Small Wins to Ignite Joy, Engagement, and Creativity at Work	2011
Autry, James A.; Pederson, Sally J.	Choosing Gratitude 365 Days A Year: Your Daily Guide to Grateful Living	2013
Baumeister, Roy F.; Tierney, John	Willpower: Rediscovering the Greatest Human Strength	2012
Brown, Brene	Rising Strong	1972
Burkeman, Oliver	The Antidote: Happiness for People Who Can't Stand Positive Thinking	2013
Carter, Jacqueline; Hougaard, Rasmus	One Second Ahead: Enhance Your Performance at Work With Mindfulness	2015
Duhigg, Charles	<i>The Power of Habit</i>	2012
Dweck, Carol S.	<i>Mindset: The New Psychology of Success, How We Can Learn to Fulfill Our Potential</i>	2006
Fogg, B. J.	Tiny Habits	
Guise, Stephen	Mini Habits: Smaller Habits, Bigger Results	2013
Harris, Dan	10% Happier	2014
McGonigal, Kelly	<i>The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It</i>	2015
Neff, Kristin	<i>Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind</i>	2010
Pink, Daniel H.	<i>Drive: The Surprising Truth About What Motivates Us</i>	2009
Rock, David	Your Brain At Work	2009

Authors	Title of Book	Year
Sapolsky, Robert M.	<i>Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Disease and Coping; 3rd ed.</i>	1998
Schoen, Marc	Your Survival Instinct Is Killing You	2013
Schulte, Brigid	Overwhelmed: How to Work, Love, and Play When No One Has the Time	2015

Articles

Author	Title	Published By	Date
	ABA, Hazelden Betty Ford Foundation Release First National Study on Attorney Substance Use, Mental Health Concerns	ABA	Feb. 2016
Achor, Shawn	Positive Intelligence	Harvard Business Review (HBR)	Jan./Feb. 2012
Achor, Shawn; Crum, Alia J.; Salovey, Peter;	ReThinking Stress: The Role of Mindsets in Determining the Stress Response	Journal Of Personality And Social Psychology, 104(4), 716.	2013
Bailey, James R.	Why Leaders Don't Brag About Successfully Managing Stress	HBR	Oct. 29, 2014
Behson, Scott	Relax, You Have 168 Hours This Week	Harvard Business Review Network	Aug. 1, 2014
Bernard, Phyllis E.	The Lawyer's Mind: Why a Twenty-First Century Legal Practice Will Not Thrive Using Nineteenth Century Thinking (With Thanks to George Lakoff)	25 Ohio State Journal on Dispute Resolution 165-200	2009
Bucy Pierson, Pamela; Hamilton, Ashley; Pepper, Michael; Root, Megan	Stress Hardiness and Lawyers	Journal of the Legal Profession, Vol. 42, 2018	Feb. 2018
Carmody, James; Congleton, Christina; Gard, Tim; Hölzel, Britta K.; Lazar, Sara W.; Vangel, Mark; Yerramsetti, Sita M.	Mindfulness Practice Leads To Increases In Regional Brain Gray Matter Density	Psychiatry Res. 191(1): 36-43	Jan 30, 2011
Cassens Weiss, Debra	Law is Second-Most Sleep Deprived Profession, Federal Survey Finds	ABA Journal	Feb. 27, 2012

Author	Title	Published By	Date
Chesebrough, Christine; Cox, Christine; Davis, Josh; Rock, David	<i>Why Insight Matters: How And Why The 'Aha!' Moment Is Central For Leading Behavior Change</i>	Neuroleadership Journal , Vol. 6	Sept. 2015
Christoffad, Kalina; Dixon, Matthew L.; Ellamila, Melissa; Floman, James L.; Fox, Kieran C.R.; Nijeboera, Savannah; Rumaka, Samuel P.; Sedlmeier, Peter	Is meditation associated with altered brain structure? A systematic review and meta-analysis of morphometric neuroimaging in meditation practitioners	Neuroscience & Biobehavioral Reviews Volume 43, 73	June 2014
Daicoff, Susan	Depression is Prevalent Among Lawyers But Not Inevitable	The Complete Lawyer	Dec. 2008
Davachi, Dr. Lila; Kiefer, Dr. Tobias; Rock, Dr. David; and Rock, Lisa	<i>Learning that Lasts through AGES</i>	NeuroLeadership Journal, Issue 3	2010
George, Bill	Developing Mindful Leaders for the C-Suite	HBR Blog Network	March 10, 2014
Gino, Francesca	Be Grateful More Often	HBR Blog Network	Nov. 26, 2013
Krieger, Lawrence S.	Institutional Denial About the Dark Side of Law School, and Fresh Empirical Guidance for Constructively Breaking the Silence	Journal of Legal Education (52 J. Legal Educ. 112)	2002
Krieger, Lawrence S.; Sheldon, Kennon M.	What Makes Lawyers Happy? Transcending the Anecdotes with Data from 6200 Lawyers	FSU College of Law available on SSRN	Feb. 20, 2014
Organ, Jerome M.	What Do We Know About the Satisfaction of Lawyers? A Meta-Analysis of Research on Lawyer Satisfaction and Well-Being	8 Univ. of St. Thomas L. J. 225	2011
Shaffer, Joyce	Neuroplasticity and Positive Psychology in Clinical Practice: A Review for Combined Benefits	Psychology	Dec. 2012
Walton, Alice G.	Eat, Smoke, Meditate: Why Your Brain Cares How You Cope	Forbes	Sept. 21, 2011

Ted Talks

Authors	Title	Date	Link
Fogg, BJ	Forget big change, start with a tiny habit	Dec 2012	https://www.youtube.com/watch?v=AdKUJxjn-R8 see also http://www.behaviormodel.org/
Lliff, Jeff	One more reason to get a good night's sleep	Sept. 2014	https://www.ted.com/talks/jeff_illiff_one_more_reason_to_get_a_good_night_s_sleep

McGonigal, Kelly	Make stress your friend	2013	https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend
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