



WORK/LIFE SERVICES & EMPLOYEE ASSISTANCE PROGRAM (EAP)

THE UNIVERSITY OF TEXAS AT AUSTIN

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Workplace Change, Stress, and Balance Recommended Reading

- **How Full Is Your Bucket?: Positive Strategies for Work and Life**, by Tom Rath & Donald Clifton (2004)
- **The Art of Resilience: 100 Paths to Wisdom and Strength in an Uncertain World**, by Carol Orsborn (1997)
- **The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships**, by Randy Paterson (2000)
- **Balancing Your Career, Family and Life**, by Cary Cooper & Suzan Lewis (1998)
- **Burn Brightly Without Burning Out: Balancing the Work You Need With the Life You Lead**, by Richard K. Biggs (2003)
- **Changing for Good** (“A six-stage program for overcoming bad habits and moving your life positively forward”), by James Prochaska, John Norcross, & Carlo Diclemente (1995)
- **Controlling Stress in the Workplace: How You Handle What Happens**, by Rex P. Gatto (1993)
- **Emotional Intelligence at Work: The Untapped Edge for Success**, by Hendrie Weisinger (2000)
- **How the Way We Talk Can Change the Way We Work: Seven Languages for Transformation**, by Robert Kegan & Lisa Laskow Lahey (2002)
- **Managing Workplace Chaos: Workplace Solutions for Managing Information, Paper, Time, and Stress**, by Patricia J. Hutchings (2002)
- **The Resilience Factor: 7 Essential Skills for Overcoming Life’s Inevitable Obstacles**, by Andrew Shatte & Karen Reivich (2002)
- **Resilience: How to Bounce Back When the Going Gets Tough**, by Frederic F. Flach (1997)
- **Surviving Job Stress: How to Overcome Workday Pressures**, by John Boghosian Arden (2002)
- **Who Moved My Cheese?** (“An Amazing Way to Deal with Change in Your Work and in Your Life”), by Spencer Johnson & Kenneth Blanchard (1998)
- **The Anxiety and Phobia Workbook**, by Edmund J. Bourne (2005)
- **Crucial Conversations: Tools for Talking When Stakes are High**, by Kerry Patterson, Joseph Grenny, Ron McMillan, and Al Switzler (2002)
- **Crucial Confrontations**, by Kerry Patterson, Joseph Grenny, Ron McMillan, and Al Switzler (2004)