

**Books that Residents and Faculty Find Helpful**  
***Oregon Health & Science University Resident Faculty Wellness Program***

1. [Mindfulness-Based Stress Reduction Workbook](#)  
Stahl and Goldstein
2. [The Mindful Way Through Depression](#)  
Williams et al.
3. [Mindful Path to Self-Compassion](#)  
Germer
4. [Present Perfect: A Mindfulness Approach to Letting Go of Perfectionism and the Need for Control](#)  
Somov
5. [When Perfect is not good enough](#)  
Antony and Swinson
6. [The EQ Edge](#)  
Stein and Book
7. [Arriving at Your Own Door](#)  
Kaba-Zinn
8. [Wherever You Go, There you are](#)  
Kabat-Zinn
9. [Restoring Hope and Trust](#)  
Lewis, Kelly and Allen
10. [How to be an Adult in Relationships](#)  
Richo
11. [The Seven Principles for Making Marriage Work](#)  
Gottman
12. [Succeeding with Adult ADHD](#)  
Levrini
13. [Getting things Done](#)  
Allen
14. [Difficult Conversations](#)  
Stone, Patton, Heen
15. [Dialectical Behavior Therapy Skills workbook](#)  
McKay

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