

The Happiness Advantage by Shawn Achor

After a stressful 2022, this book is exactly what you need to help switch to, and maintain, a positive focus for the upcoming school year. Achor uses humor, science, and concrete examples to help demonstrate the importance of maintaining a positive perspective to enhance your performance and help fuel the success of those around you.

This book would be an excellent read for admin teams, teachers, students, and anyone who is interested in strategies to increase happiness in both their personal and professional lives. Check out Achor's TED Talk, "The happy secret to better work" for an overview of topics addressed in his book.

