GradWell Recommended Reading--Wellbeing Faculty

GradWell plans to select a book each year that will engage both students and faculty from the Graduate College at Boise State University about wellness and mental health. Tom Rath’s *Wellbeing: The Five Essential Elements* has been selected as 2019’s GradWell book read and a faculty book discussion will be held in the Graduate College Chaffee Conference Room at noon on **Wednesday, April 3, 2019**. To purchase *Wellbeing: The Five Essential Elements* and get started reading, please see the links below.

“After conducting this extensive study, Rath and Harter discovered that much of what we think will improve our wellbeing is either misguided or just plain wrong. When striving to improve our lives, we’re quick to buy into programs that promise to help us make money, lose weight, or strengthen our relationships. While it might be easier to treat these critical areas in our lives as if they are independent, they’re not. Gallup’s comprehensive study of people in more than 150 countries revealed five universal, interconnected elements that shape our lives: Career Wellbeing, Social Wellbeing, Financial Wellbeing, Physical Wellbeing, and Community Wellbeing. *Wellbeing: The Five Essential Elements* provides you with a holistic view of what contributes to your wellbeing over a lifetime. Written in a conversational style, this book is filled with fascinating research and innovative ideas for boosting your wellbeing in each of these five areas.”
