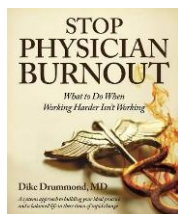


Top 10 Books for Physician Wellness and Resilience

Physician wellness is essential for personal health, patient care, leadership, and career longevity. The following books offer practical ideas on burnout prevention, resilience, leadership, mindset, meaning, and healthy living for physicians and healthcare professionals.

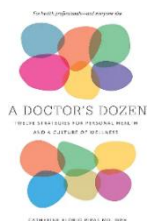
1. Stop Physician Burnout – What to Do When Working Harder Isn't Working



Author: Dike Drummond, MD

A practical and well-known guide focused on physician burnout prevention, career satisfaction, and creating healthier work environments.

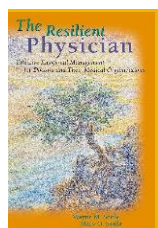
2. A Doctor's Dozen: 12 Strategies for Personal Health and a Culture of Wellness



Author: Catherine (Cathy) Florio Pipas, MD, MPH

A thoughtful and inspiring wellness book that combines personal health strategies, reflection, and practical steps for healthier living and professional fulfillment.

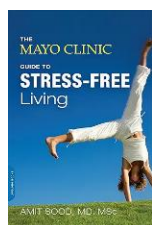
3. The Resilient Physician



Authors: Wayne M. Sotile, PhD and Mary O. Sotile, MA

A classic book focused on physician stress, resilience, relationships, and emotional health.

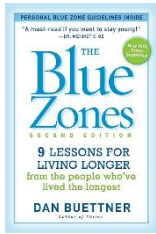
4. The Mayo Clinic Guide to Stress-Free Living



Author: Amit Sood, MD

A helpful guide on mindfulness, resilience, gratitude, and stress reduction from a physician perspective.

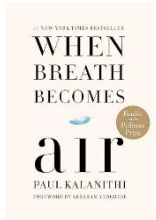
5. The Blue Zones



Author: Dan Buettner

National Geographic Explorer Dan Buettner reports on health, fitness, diet, and aging, drawing on his research from extraordinarily long-lived communities around the globe.

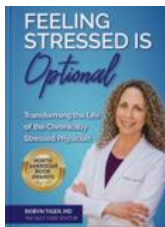
6. When Breath Becomes Air



Author: Paul Kalanithi, MD

A moving memoir by a neurosurgeon facing serious illness that explores meaning, purpose, identity, and the human side of medicine.

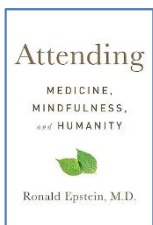
7. Feeling Stress is Optimal



Author: Robyn Tiger, MD

Eliminate the chronic stress in your life using these evidence-based stress relief tools.

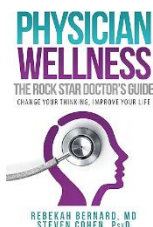
8. Attending: Medicine, Mindfulness, and Humanity



Author: Ronald Epstein, MD

A reflective book about mindfulness, presence, communication, and reconnecting with meaning in medicine.

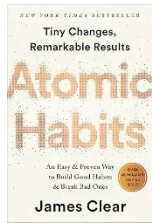
9. Physician Wellness: The Rock Star Doctor's Guide



Authors: Rebekah Bernard, MD and Steven Cohen, PsyD

A practical guide with strategies for work-life balance, communication, emotional health, and reclaiming joy in medicine.

10. Atomic Habits



Author: James Clear

Although not physician-specific, this highly practical book is valuable for building healthy routines, reducing overwhelm, and creating sustainable habits.

Wellness is not a luxury for physicians — it is an important part of sustainable patient care, leadership, resilience, and professional fulfillment. Small daily habits, meaningful connection, reflection, movement, sleep, nutrition, and purpose all matter.