

USE YOUR LOCAL AND VIRTUAL MCCS LIBRARY TO BUILD YOUR

MENTAL FITNESS



1. Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead

Authors: Brené Brown & Karen White

Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable, or to dare greatly. Whether the arena is a new relationship, an important meeting, our creative process, or a difficult family conversation, we must find the courage to walk into vulnerability and engage with our whole hearts.

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2. The Happiness Advantage

Author: Shawn Achor

An engaging, deeply researched guide to flourishing in a world of increasing stress and negativity.

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3. HBR's 10 Must Read Articles on Mental Toughness

Author: Harvard Business Review

Come back from every setback a stronger and better leader.

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4. To Risk It All – Nine Conflicts and the Crucible of Decision

Author: Admiral James Stavridis, USN

Conflict. Crisis. Risk. These words have a distinct meaning in a military context that we hope will never apply identically in our own lives. But at the same time, as Admiral Stavridis shows with great clarity, many lessons are universal.

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5. How We Grow Through What We Go Through

Authors: Christopher Willard, PsyD and Kent Klineman

Turn your everyday experiences into a source of strength with the easy-to-learn practices in this uplifting guide of post-traumatic growth.

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