

BIBLIOGRAPHY ON PREVENTING FACULTY BURNOUT

Burnout

- Bramson, R. M. (1989). *Coping with the fast track blues: Survival guide for your climb to the top*. Dell.
- Davis, P. (2021). *How to beat burnout at work: Why teams hold the secret to well-being and resilience*. Wharton School Press.
- Drayton, M. (2021). *Anti-burnout: How to create a psychologically safe and high-performance organisation*. Routledge.
- Gallup. (n.d.). *Employee burnout: Causes and cures*. <https://www.gallup.com/workplace/282659/employee-burnout-perspective-paper.aspx>
- Gallup. (n.d.). *How to prevent employee burnout*. <https://www.gallup.com/workplace/313160/preventing-and-dealing-with-employee-burnout.aspx>
- Machell, D. F. (1988). *A discourse on professorial melancholia*. <https://eric.ed.gov/?q=Professorial+Melancholia&id=ED304063>
- Malesic, J. (2022). *The end of burnout: Why work drains us and how to build better lives*. University of California Press.
- Maslach, C., & Leiter, M. P. (2022). *The burnout challenge: Managing people's relationships with their jobs*. Harvard University Press.
- Minirth, F., Hawkins, D., Meier, P. & Flournoy, R. (1986). *How to beat burnout*. Moody Press.
- Moss, J. (2021). *The burnout epidemic: The rise of chronic stress and how we can fix it*. Harvard Business Review Press.
- Pope-Ruark, R. (2022). *Unraveling faculty burnout: Pathways to reckoning and renewal*. Johns Hopkins University Press.
- Sallee, Margaret W. (2022). *Addressing burnout through cultural change: How leaders can stem attrition and support employees*. American Council on Education. <https://www.acenet.edu/Documents/Addressing-Burnout.pdf>
- Sanford, J. A. (1982). *Ministry burnout*. Paulist.
- Valcour, M. (2016, November). Beating burnout. *Harvard Business Review*. <https://hbr.org/2016/11/beating-burnout>
- Wisdom, M. L. (2023, January 6). Faculty job dissatisfaction isn't about "burnout." *The Chronicle of Higher Education*. <https://www.chronicle.com/article/faculty-job-dissatisfaction-isnt-about-burnout>

Workplace Hygiene

- Algoe, S. (2023, April 17). Why it's important to show gratitude at work—and what's the best way to do it. *Wall Street Journal*, R.1.

Appreciation at Work. <https://www.appreciationatwork.com/>

Behson, S. (2021). *The whole-person workplace: Building workplaces through work-life, wellness, and employee support*. Authors Place.

Bozeman, B., & Gaughan, M. (2011). Job satisfaction among university faculty: Individual, work, and institutional determinants. *The Journal of Higher Education*, 82(2), 154-186.

Chapman, G., & White, P. (2019). *The 5 languages of appreciation in the workplace: Empowering organizations by encouraging people*. Northfield.

Clifton, J., & Harter, J. (2021). *Wellbeing at work: How to build resilient and thriving teams*. Gallup Press.

Coyle, D. (2018). *The culture code: The secrets of highly successful groups*. Bantam.

Gostick, A., & Elton, C. (2020). *Leading with gratitude: Eight leadership practices for extraordinary business results*. Harper Business.

Falke, K. (2021). *Lead well: 10 steps to successful and sustainable leadership*. Lioncrest.

Le Pertel, N. (2023, May 10). When your employee tells you they're burned out. *Harvard Business Review*.
<https://hbr.org/2023/05/when-your-employee-tells-you-theyre-burned-out>

Lopus, A., & Hartman, C. (2022). *Road to flourishing: Eight keys to boost employee engagement and well-being*. IVP.

Pendell, R. (2022, July 20). Employee wellbeing starts at work. Gallup Workplace.
<https://www.gallup.com/workplace/394871/employee-wellbeing-starts-work.aspx>

Schawbel, D. (2018). *Back to human: How great leaders create connection in the age of isolation*. Da Capo.

Sell, A. J. (2023). Contextual factors associated with the morale of academic and support staff in universities. *Perspectives: Policy and Practice in Higher Education*, 27(2), 41-50.

Sherman, D., & Hendricks, W. (1987). *Your work matters to God*. NavPress.

Sternberg, E. M. (2023). *Well at work: Creating wellbeing in any workspace*. Little, Brown Spark.

Sutton, R. I. (2010). *The no a**hole rule: Building a civilised workplace and surviving one that isn't*. Piatkus.

White, P. (2017). *The vibrant workplace: Overcoming the obstacles to building a culture of appreciation*. Northfield.

Wilcox, K. (2020). *Leading through culture: How real leaders create cultures that motivate people to achieve great things*. Waterside.

Wray, S., & Kinman, G. (2021). *Supporting staff wellbeing in higher education*. Education Support.
<https://www.educationsupport.org.uk/resources/for-organisations/research/supporting-staff-wellbeing-in-higher-education/>

YMCA WorkWell. <https://www.ymcaworkwell.com/>

Zechman, D. M. (2022). *Driven by compassion: 8 values for successful servant leaders*. Amplify.