



A New Year's Resolution to Reject Over Work — A Book Talk with Brigid Schulte — Resources

Books

Schulte, Brigid. "[Over Work: Transforming the Daily Grind in the Quest for a Better Life.](#)" Henry Holt and Co. September 17, 2024.

Schulte, Brigid. "[Overwhelmed: Work, Love, and Play When No One Has Time.](#)" Sarah Crichton Books. March 11, 2014.

Lucassen, Jan. "[The Story of Work: A New History of Humankind.](#)" Yale University Press. November 29, 2022.

Articles

Schulte, Brigid. "[Could these laws fix America's broken work culture?](#)" CNN. May 2, 2024.

Podcasts

Miller, Kerri, and Kelly Gordon. "[In her new book, journalist Brigid Schulte asks what if work wasn't such a grind?](#)" MPR News. December 13, 2024.

Websites and Additional Resources

[Better Life Lab, New America](#)