

READING FOR WELL-BEING COMMUNITY BOOK CLUB KIT

Inspire: The Universal Path for Leading Yourself and Others by Adam Galinsky (2025, published by Harper Business) – April 2025

DISCUSSION QUESTIONS

- 1) Have you noticed when you are behaving inspirational (versus infuriating).
- 2) Have you changed how you interact with others?
- 3) Has being inspirational improved your well-being?
- 4) Do you think you are having a positive impact on those you interact with?

READING TIP

To enhance your reading experience, make sure you are reading with proper lighting (e.g., LED lamps with warm tones). Good lighting reduces eye strain, and makes reading more comfortable!

WELL-BEING TIP

Spending time with animals can be good for your physical health and well-being! Petting an animal can lower blood pressure, improve mental health, and reduce feelings of loneliness. Even just having a 10 minute interaction can promote positive emotions, and reduce anxiety and irritability. This is your sign to go pet a dog!

SPRING RECIPE

Strawberry Shortcake Cupcakes

A favorite spring and summer dessert in hand-held form, these vanilla bean-speckled strawberry shortcake cupcakes are filled with homemade strawberry filling and topped with strawberry whipped cream—all made with real strawberries.



Learn how to make them here:

<https://sallysbakingaddiction.com/strawberry-shortcake-cupcakes/>

ADDITIONAL RESOURCES

Hagan, E. (2022). *The mental health benefits of reading*. Psychology today. <https://www.psychologytoday.com/ca/blog/the-art-effect/202203/the-mental-health-benefits-reading>

Pendry, P., Carr, A. M., Roeter, S. M., & Vandagriff, J. L. (2018). Experimental trial demonstrates effects of animal-assisted stress prevention program on college students' positive and negative emotion. *Human-Animal Interaction Bulletin*. <https://doi.org/10.1079/hai.2018.0004>

Wells, D. L. (2009). The Effects of Animals on Human Health and Well-Being. *Journal of Social Issues*, 65(3), 523–543. <https://doi.org/10.1111/j.1540-4560.2009.01612.x>

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An engaging and rigorous exploration of the science of being inspiring, offering compelling stories, fascinating research, and practical tips for addressing the common problems and dilemmas we face every day—showing how all of us, regardless of status or circumstance, can be more inspiring more of the time in our lives.

There are two kinds of leaders that populate the world: those who inspire, and those who infuriate. Inspiring leaders elevate, motivate, and guide us to become a better version of ourselves. Infuriating leaders, conversely, cause frustration and resentment instead of agreement and action. Together, inspiring and infuriating leaders represent a universal continuum that is rooted in the very architecture of the human brain. But inspiring leaders aren't born. Instead, we inspire or infuriate in any given moment through our behavior, words, and presence.

Social psychologist and leadership expert Adam Galinsky has spent his career building a quantifiable method of determining who is inspiring versus who is infuriating, and where various leaders—presidents, CEOs, coaches, teachers, parents, and a wealth of others—currently land. In this captivating book, Galinsky identifies the three universal characteristics of truly inspiring leaders:

- Visionaries offer a big-picture, optimistic, and accessible vision of the future
- Exemplars are courageous and calm protectors, expressing authentic passion, while remaining consistent in word and deed
- Mentors encourage, empower, and challenge others

Drawing on decades of scientific studies and global consulting experiences, Galinsky presents an elegant yet profound approach to building leadership skills that anyone can use to fuel motivation, innovation, and cooperation. For current and aspiring leaders alike, *Inspire* is an invaluable guide to becoming not only a leader but an effective decision maker, a wise problem-solver, a value-creating negotiator, a fair allocator, and an inclusive and ethical guide.



[Adam Galinsky](#)

