



# Suggested Book Reading List

Knowledge is power. Power to help facilitate change and power to help you live the life that you both desire and deserve. The following list are some of my favorite books on a variety of subjects.

## **Psychology, Motivation, and Self-Improvement -**

### **Mindset: The New Psychology of Success** by Carol Dweck

Explores the difference between a fixed and a growth mindset and how adopting a growth mindset can foster personal and professional success.

### **The Happiness Advantage** by Shawn Achor

Explores how positive psychology can help you become more successful and how a positive mindset leads to happiness and better performance at work and in life.

### **The Gifts of Imperfection** by Brené Brown

Encourages embracing vulnerability and imperfections to lead a more fulfilling and authentic life, guided by Brown's ten guideposts for wholehearted living.

### **Daring Greatly: How Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead** by Brene Brown

Focuses on the power of vulnerability and how embracing it can transform our lives, relationships, and workplace.

### **Think Again** by Adam Grant

Explores the benefits of rethinking and unlearning, challenging our assumptions and fostering mental flexibility and intellectual humility.

### **Flow: The Psychology of Optimal Experience** by Mihaly Csikszentmihalyi

Introduces the concept of 'flow,' a state of optimal experience and immersion in activities, and how it can enhance our daily lives.

### **Awaken the Giant Within** by Tony Robbins

Provides strategies and techniques to take control of your emotional, physical, and financial destiny, empowering you to make lasting changes.





# Suggested Book Reading List continued

## **Psychology, Motivation, and Self-Improvement -**

### **Drive: The Surprising Truth About What Motivates Us** by Daniel Pink

Discusses the surprising truth about what motivates us, highlighting the importance of autonomy, mastery, and purpose.

### **Thinking, Fast and Slow** by Daniel Kahneman

Delves into the dual systems of thinking, one fast and intuitive, the other slow and deliberate, and how they shape our judgments and decisions.

### **The Energy Bus** by Jon Gordon

A fable that teaches the importance of positive energy, vision, and teamwork in achieving personal and professional success.

### **The Earned Life** by Marshall Goldsmith

Offers insights on living a life of fulfillment and meaning by focusing on continuous improvement and aligning our daily actions with our values and long-term goals.

### **Man's Search for Meaning** by Viktor E. Frankl

A profound memoir and psychological exploration of finding meaning in suffering, based on Frankl's experiences in Nazi concentration camps.

### **The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change** by Stephen Covey

Outlines a holistic approach to personal and professional effectiveness through seven actionable habits.

### **Grit: The Power of Passion and Perseverance** by Angela Duckworth

Investigates the power of passion and perseverance in achieving long-term goals, emphasizing that talent alone is not enough.

### **Peak** by Anders Ericsson and Robert Pool

Investigates the science of expertise and how practice and perseverance can lead to mastery in various fields.





# Suggested Book Reading List continued

## **Psychology, Motivation, and Self-Improvement -**

**You Are a Badass** by Jen Sincero

Combines self-help advice with personal anecdotes to inspire readers to take control of their lives and well-being.

## **Behavior and Habits -**

**The Power of Habit** by Charles Duhigg

Examines the science behind why habits exist and how they can be changed to transform our lives and businesses.

**Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones** by James Clear

Provides a framework for building good habits and breaking bad ones through small, incremental changes that lead to significant outcomes.

**Tiny Habits** by BJ Fogg

Explores how small changes can lead to big transformations by making habits easy, satisfying, and triggering the right cues.

**Better Than Before** by Gretchen Rubin

Investigates how habits are formed and provides strategies for creating and sustaining positive habits based on personal tendencies.

**The Habit Blueprint** by Patrick Edblad

Offers a straightforward guide to building habits that stick by understanding the underlying principles of habit formation.

**Daily Rituals: How Artists Work** by Mason Currey

Chronicles the daily habits and routines of great artists, writers, and thinkers, offering insights into how they managed their creative processes.





# Suggested Book Reading List continued

## **Behavior and Habits -**

**The Compound Effect** by Darren Hardy

Emphasizes how small, consistent actions can lead to significant results over time through the principle of compounding.

**The Miracle Morning** by Hal Elrod

Introduces a morning routine that aims to transform your life by incorporating practices like meditation, exercise, and goal setting.

**Make your Bed** by Admiral William H. McRaven

Shares lessons learned from Navy SEAL training that can help anyone overcome challenges and form habits that build a disciplined life.

**High Performance Habits** by Brendon Burchard

Identifies six habits that can help you achieve extraordinary results in your personal and professional life.

**Switch: How to Change Things When Change is Hard** by Chip Heath and Dan Heath

Focuses on how to effect transformative change by understanding the emotional and rational sides of our brains.

**Deep Work** by Cal Newport

Advocates for the power of focused, undistracted work and how it can lead to massive productivity and skill improvement.

**Willpower Doesn't Work** by Benjamin Hardy

Argues that the key to forming lasting habits is not willpower but structuring your environment to support your goals.





# Suggested Book Reading List continued

## **Health -**

### **Keep Sharp** by Sanja Gupta, MD

Provides practical advice on maintaining and enhancing brain health and cognitive function through diet, exercise, and mental exercises.

### **The Well-Lived Life** by Gladys McGarey, MD

Shares wisdom and lessons from a pioneering doctor on living a healthy, vibrant life through integrative medicine and holistic practices.

### **How Not to Die** by Michael Gregor

Provides insights into preventing and reversing chronic diseases through diet and lifestyle changes based on nutritional science.

### **The Blue Zones** by Dan Buettner

Explores the lifestyles and diets of the world's longest-living people in "Blue Zones" and how their habits can be applied to our lives.

### **The Whole30** by Melissa Hartwig and Dallas Hartwig

Offers a 30-day guide to resetting your body and improving your health through whole foods and eliminating processed food and artificial ingredients.

### **Why We Sleep** by Matthew Walker

Explores the vital importance of sleep for health and well-being, offering practical advice on getting better sleep.

### **The Obesity Code** by Dr. Jason Fung

Challenges traditional diet advice and explains how to address the root causes of obesity and insulin resistance through intermittent fasting and other strategies.

### **Eat to Live** by Joel Fuhrman

Advocates for a nutrient-dense diet to achieve sustainable weight loss and overall health.





# Suggested Book Reading List continued

## Health -

### **In Defense of Food** by Michael Pollan

Demystifies modern dietary advice by offering simple guidelines on what to eat to stay healthy.

### **The Plant Paradox** by Dr. Steven R. Gundy

Explores the hidden dangers of certain plant-based foods and provides dietary recommendations to improve health.

### **Superlife: The 5 Simple Fixes that will make you Healthy, Fit, and Eternally Awesome** by Darin Olien

Explores five simple fixes to achieve optimal health, emphasizing the importance of nutrition, hydration, oxygenation, alkalization, and detoxification.

## Finance -

### **The Psychology of Money** by Morgan Housel

Examines the ways people think about money and offers timeless lessons on wealth, greed, and happiness.

### **The Total Money Makeover** by Dave Ramsey

Provides a step-by-step plan for achieving financial fitness and debt freedom using Ramsey's straightforward advice.

### **Unshakeable** by Tony Robbins

A concise guide to achieving financial freedom and investing, featuring wisdom from top financial experts.

### **Rich Dad, Poor Dad** by Robert T. Kiyosaki

Challenges conventional wisdom about money and investing, sharing lessons learned from the author's two father figures.







# Suggested Book Reading List continued

## **Finance -**

**Your Money or Your Life** by Vicki Robin and Joe Dominguez

A comprehensive guide to transforming your relationship with money and achieving financial independence.

**The Millionaire Next Door** by Thomas J. Stanley and William D. Danko

Highlights the common traits and habits of America's wealthy, debunking myths about wealth accumulation.

**I will Teach You to Be Rich** by Ramit Sethi

A practical guide aimed at younger adults, covering all aspects of personal finance, from budgeting to investing.

**The Simple Path** to Wealth by JL Collins

A straightforward guide to financial independence and early retirement, primarily focusing on index fund investing.

**The Intelligent Investor** by Benjamin Graham

Offers timeless advice on how to approach and succeed in the stock market, focusing on value investing.

**Money: Master the Game** by Tony Robbins

A comprehensive guide on achieving financial freedom, featuring insights from some of the world's top financial experts and actionable strategies.

**Financial Freedom** by Grant Sabatier

Provides actionable advice on achieving financial independence and early retirement based on the author's personal experience.

**Broke Millennial** by Erin Lowry

A relatable guide for young adults, covering the basics of personal finance, from dealing with debt to investing and retirement planning.

**The Courage to be Rich** by Suze Orman

Offers practical financial advice and emotional insights to help you overcome fear and create a life of abundance and financial security.

