



The following books offer a wonderful variety of ideas and examples of perspectives and tools to improve your life. They all share the concept that the way you think and the actions you take determine how you experience your life; and that you are the creator of this experience. Continuing to read and learn about the ideas that support your growth and change is a fantastic way to stay motivated and on track! If you have a favorite book to add to the list, we'd love to hear about it!

Happiness

40 Days to a Joy Filled Life, Tommy Newberry

40 Days to a Joy-Filled Life is a fun and highly practical action plan providing readers with time-tested strategies and exercises for experiencing joy. All readers will benefit from the uniquely packaged inspiration and encouragement delivered in bite-size chunks, custom-made for easy retention and long-lasting joy.

The Happiness Advantage, Shawn Achor

The Happiness Advantage is about how to reap the benefits of a happier and more positive mind-set to achieve the extraordinary in our work and in our lives. Conventional wisdom holds that if we work hard, then happiness will follow. But recent discoveries in the field of positive psychology have shown that happiness actually fuels success. In *The Happiness Advantage*, Achor explains the seven practical, actionable principles that help us improve our performance and maximize our potential.

Live Happy, Deborah K. Heisz

An eye-opening shift of perspective on the secret of authentic happiness: how surprisingly simple, everyday acts lead to lifelong joy and fulfillment. *Live Happy* reveals that true happiness is all about the big impact of small acts of everyday happiness. *Live Happy* brings together illuminating real-life happiness stories, examinations on the science of happiness, and inspiring “happy acts” to empower readers to achieve big happiness breakthroughs.

The Happiness Project, Gretchen Rubin

The Happiness Project describes one person's year-long attempt to discover what leads to true contentment. Drawing at once on cutting-edge science, classical philosophy, and real-world applicability, Rubin has written an engaging, eminently relatable chronicle of transformation.

The Happiness of Pursuit: Finding the Quest That Will Bring Purpose to Your Life, Chris Guillebeau

When he set out to visit all of the planet's countries, Chris Guillebeau found that many people, like himself, were pursuing a challenging quest. Everywhere that Chris went he found ordinary people working toward extraordinary goals. Chris began to appreciate the direct link between questing and long-term happiness -- how methodically going after something enriches our lives. *The Happiness of Pursuit* is a playbook for making your life count.

It's Not Just About the Money

Wealth Warrior, Steve Chandler

Steve Chandler boldly takes on the entitled victim mindset with a series of warrior principles and stories to fire up even the most cynical soul. Chandler tells his own story of underachievement, alcoholism, bankruptcy and shame. Then, in the encouraging spirit of "If I can do this anybody can," he gives us all the turnaround inspirations that converted him from wealth worrier to wealth warrior.

The Millions Within, David Neagle

The Millions Within serves as a guide to the laws of the Universe -- how you and your beliefs and intentions function in that system to produce the results you see in your life. David Neagle documents his journey from dockworker to multi-millionaire entrepreneur. David shows how you can consciously and intentionally use these rules to produce the financial and personal results that you dream of.

Think and Grow Rich, Napoleon Hill

Think and Grow Rich has been called the "Granddaddy of All Motivational Literature." It was the first book to boldly ask, "What makes a winner?" Napoleon Hill, the most famous of all teachers of success, spent "a fortune and the better part of a lifetime of effort" to produce the "Law of Success" philosophy that forms the basis of his books and that is so powerfully summarized in this one.

The Four-Hour Workweek, Timothy Ferriss

Forget the old concept of retirement and the rest of the deferred-life plan--there is no need to wait and every reason not to, especially in unpredictable economic times. Whether your dream is escaping the rat race, experiencing high-end world travel, earning a monthly five-figure income with zero management, or just living more and working less, *The 4-Hour Workweek* is the blueprint.

The Top 10 Distinctions Between Millionaires and The Middle Class, Keith Cameron Smith

If you're ready to take the journey to wealth and personal fulfillment, here's your ticket. In this life-changing book, entrepreneur Keith Cameron Smith shows you how to think like a millionaire and reap the benefits of a millionaire mindset. The key to moving beyond the middle class and up the economic ladder is mastering ten vital principles. So follow these principles, transform your life, and realize your dreams!

Change Your Perspective

The Gratitude Diaries, Janice Kaplan

In *The Gratitude Diaries*, Janice Kaplan spends a year living gratefully and transforms her marriage, family life, work, and health. She realizes that how she feels over the next twelve months has everything to do with her own attitude and perspective. Relying on both amusing personal experiences and extensive research, Kaplan explores how gratitude can transform every aspect of life. With warmth, humor, and insight, Kaplan's journey will empower readers to think positively and start living their own best year ever.

Loving What Is: Four Questions That Can Change Your Life, Byron Katie

In *Loving What Is* Byron Katie outlines how doing "The Work" to change your perspective can also change your life. The Work is simply four questions that, when applied to a specific problem, enable you to see what is troubling you in an entirely different light. As Katie says, "It's not the problem that causes our suffering; it's our thinking about the problem." *Loving What Is* offers everything you need to learn and live this remarkable process.

***I Thought It Was Just Me (But It Isn't)*, Brene Brown**

We spend too much precious time and energy creating carefully edited versions of ourselves to show to the world. We learn to hide our struggles and protect ourselves from shame, judgment, criticism, and blame by seeking safety in pretending and perfection. Based on seven years of groundbreaking research, *I Thought It Was Just Me (But It Isn't)* shines a light on an important truth: Our imperfections are what connect us to one another and to our humanity. Our vulnerabilities are not weaknesses; they are powerful reminders to keep our hearts and minds open to the reality that we're all in this together.

***The Gifts of Imperfection*, Brené Brown**

In *The Gifts of Imperfection*, Brené Brown shares ten guideposts on the power of Wholehearted living—a way of engaging with the world from a place of worthiness. Each day we face a barrage of messages from society telling us who, what, and how we should be. We are led to believe that if we could only lead perfect lives, we'd no longer feel inadequate. In her ten guideposts, Brown explores how we can cultivate the courage, compassion, and connection to trust we are enough.

Motivation – Bring Out Your Best

***100 Ways to Motivate Yourself*, Steve Chandler**

In *100 Ways to Motivate Yourself*, Steve Chandler helps you create an action plan for living your vision, in business and in life. It features 100 proven methods to positively change the way you think and act. *100 Ways to Motivate Yourself* will help you break through the negative barriers and banish the pessimistic thoughts that are preventing you from fulfilling your lifelong goals and dreams. Steve Chandler challenges you to turn your defeatist attitude into energetic, optimistic, enthusiastic accomplishments.

***Training Camp: What The Best Do Better Than Everyone Else*, Jon Gordon**

Training Camp is an inspirational story filled with invaluable lessons and insights on bringing out the best in yourself and your team. The story follows Martin, a rookie trying to make it in the NFL. His coach shares eleven life-changing lessons that keep his dream alive—and might even make him the best of the best. If you want to be your best, *Training Camp* offers an inspirational story on what it takes to reach true excellence and how you and your team (your work team, school team, church team and family team) can achieve it.

***The Energy Bus*, Jon Gordon**

The Energy Bus takes readers on an enlightening and inspiring ride that reveals 10 secrets for approaching life and work with the kind of positive, forward thinking that leads to true accomplishment - at work and at home. Jon infuses this engaging story with keen insights as he provides a powerful roadmap to overcome adversity and bring out the best in yourself and your team.

***Forward*, Abby Wambach**

Abby Wambach, at age thirty-five, became the highest goal scorer—male or female—in the history of soccer. Abby is a fierce advocate for women's rights and equal opportunity, pushing to translate the success of her team to the real world. Abby shares her inspiring and often brutal journey from girl in Rochester, New York, to world-class athlete. Far more than a sports memoir, *Forward* is a gripping tale of resilience and redemption—a reminder that heroism is, above all, about embracing life's challenges with fearlessness and heart.

Being of Power: The 9 Practices to Ignite an Empowered Life, Baron Baptiste

Being of Power is about transforming relationships. Not just with others, but with yourself and how you relate to everything in your life. Here you will find the tools that allow you to break through the limiting views that have been keeping you stuck, frustrated, and unfulfilled. The nine practices in this book are the stepping-stones on the path back to your essential authenticity, which is where your greatest power lies. At its core, this book is about connecting to your authentic self and rediscovering who you are and what's possible.

You Are A Badass: How to Stop Doubting Your Greatness & Start Living an Awesome Life, Jen Sincero

In this refreshingly entertaining how-to guide, Jen Sincero serves up 27 bite-sized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word. This book will basically show you how to create a life you totally love, and how to create it NOW. By the end of *You Are a Badass*, you'll understand why you are how you are, how to love what you can't change, how to change what you don't love, and how to use The Force to kick some serious ass.

Better Than Before: Mastering the Habits of Our Everyday Lives, Gretchen Rubin

In *Better Than Before*, Gretchen Rubin tackles the critical question: How do we change? Her answer: through habits. Habits are the invisible architecture of everyday life. It takes work to make a habit, but once that habit is set, we can harness the energy of habits to build happier, stronger, more productive lives. So how do we change our habits? *Better Than Before* presents a practical, concrete framework to allow you to understand your habits, change them for good, and make changing your life possible.

Spiritual Work and Philosophy

The Four Agreements: A Practical Guide to Personal Freedom, Don Miguel Ruiz

According to Don Miguel Ruiz, everything we do is based on agreements we have made - agreements with ourselves, with other people, with God, with life. Don Miguel reveals the source of self-limiting agreements that rob us of joy and create needless suffering. When we are ready to change, there are four deceptively simple, yet powerful agreements that we can adopt as guiding principles. Based on ancient Toltec wisdom, *The Four Agreements* offers a powerful code of conduct that can rapidly transform our lives.

Waking Up, Sam Harris

For the millions of Americans who want spirituality without religion, Sam Harris offers a guide to meditation as a rational practice informed by neuroscience and psychology. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. *Waking Up* is part memoir and part exploration of the scientific underpinnings of spirituality.

The Power of Now, Eckhart Tolle

The Power of Now is much more than simple principles and platitudes. This book takes readers on an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light. Tolle introduces readers to enlightenment and its natural enemy, the mind. He awakens readers to their role as a creator of pain and shows them how to have a pain-free identity by living fully in the present. Tolle shows how to connect to the indestructible essence of our Being.