

Year of Personal Growth Books

MIND – Mental

- “Code of the Extraordinary Mind” by Vishen Lakiani (11:53)
- “Getting Things Done” by David Allen
- “The Personal Efficiency Program” by Kerry Gleeson
- “Seven Habits of Highly Effective People” by Stephen R Covey
- “Mindset” by Carol Dweck

MIND – Career

- “What Color is Your Parachute” by Richard Bolles
- “Now Discover Your Strengths” by Marcus Buckingham
- “The Way We’re Working Isn’t Working” by Tony Schwartz
- “Indistractable” by Nir Eyal
- “Designing Your Work Life” by Bill Burnett & Dave Evans

MIND – Finance

- “Rich Dad, Poor Dad” by Richard Kiyosaki
- “Total Money Makeover” by Dave Ramsey
- “I will Teach You to Be Rich” by Ramit Sethi
- “The Intelligent Investor” by Benjamin Graham

BODY – Physical

- “Breath” by James Nestor
- “The Blue Zones” by Dan Buettner
- “Atomic Habits” by James Clear

BODY – Recreation

- “Flow” by Mihaly Csikszentmihalyi
- “The Power of Fun” by Catherine Price
- “The Energy Bus” by Jon Gordon
- “The Art of Gathering” by Priya Parker

BODY – Organization

- “The Organizing Sourcebook” by Kathy Waddill
- “One Year to an Organized Life” by Regina Leeds
- “Get It Together” by Melanie Cullen

HEART – Relationships

- “The Five Love Languages” by Gary Chapman
- “The Seven Principles for Making Marriage Work” by John Gottman
- “Real Love” by Greg Baer
- “All About Love” by Bell Hooks
- “Getting Love Right” by Terence T. Gorski

HEART – Emotional

- “Emotional Intelligence” by Dan Goleman
- “How to Control Your Anger Before It Controls You” by Albert Ellis
- “Taking Charge of Anger” by Dr. Robert Nay
- “Six Pillars of Self-Esteem” by Nathaniel Brandon

HEART – Social

- “You’re Not Listening” by Kate Murphy
- “Connect” by David Bradford and Carole Robin
- “We Should Get Together” by Kat Velloso
- “Getting to Yes” by William Ury

SOUL – Character

- “The War of Art” by Stephen Pressfield
- “Moral Courage” by Rushworth Kidder
- “Healthy, Wealthy, and Wise” by Andrea Rains Waggener
- “Grit” by Angela Duckworth

SOUL – Purpose

- “Designing Your Life” by Bill Burnett & Dave Evans
- “Upgrade” by Rana Florida
- “Living Forward” by Michael Hyatt
- “Is Your Genius at Work?” by Dick Richards

SOUL – Spirituality

- “The Four Agreements” by Don Miguel Ruiz
- “The Road Less Traveled” by Richard Peck
- “Fully Present” by Diana Winston and Susan Smalley
- “Emotional Life of Your Brain” by Richard Davidson