

GREAT READS

Great Reads are fabulous non-fiction books. They can help you learn and reach your potential. Have you read a book that changed your life?

Review the Core Great Reads list of 12 books and talks. →

Find [MORE GREAT READS](#)

- “Emotional Agility” by Susan David | TED talk: [the Gift and power of emotional courage](#) (16:49)
- “The Power of Fun by Catherine Price” | TED talk: [Why having fun is the secret to a healthier life](#) (12:34)
- “Together” by Dr Vivek Murthy | Video: [Healing loneliness](#) (35:01)

B Breathe

E Exercise

M Meditate

E EQ

A Aspire

S Share & Spirituality

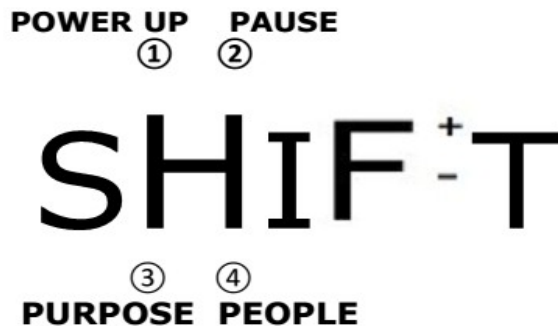
U Uplift

R Relate

I Inspire Flow

N Notice

G Gratitude



POWER UP: Gratitude, Uplift, Exercise

PAUSE: Breathe, Notice, Meditate

PURPOSE: Spirituality, Inspire Flow, Aspire

PEOPLE: Share, Relate, Emotional Intelligence

“Positive Shift Happens: the power of a pause” by Rosemary Rice
www.dailyplanit.com

CORE GREAT READS list of 12 books and talks:

1. “Your Brain at Work” by David Rock | TED talk [Learning about the brain changes everything](#) (14:54)
2. “How of Happiness” by Sonja Lyubomirsky | TED talk [How of Happiness](#) (38:49) [[discussion guide](#)]
3. “Atomic Habits” by James Clear | Dan Ariely TED talk: [Self Control](#), (17:48)
4. “Indistractable” by Nir Eyal | Video: [Indistractable](#) (23:38)
5. “Drive” by Dan Pink | TED talk: [The Puzzle of Motivation](#) (18:36)
6. “First Things First” by Stephen R Covey | Videos: [book summary](#) (11:28) [time matrix](#) (3:05) [weekly planning](#) (7:11)
7. “Getting Things Done” by David Allen | TED talk: [David Allen](#) (22:15)
8. “The Six Pillars of Self-esteem” by Nathaniel Brandon | Video: [Jim Carrey Speech](#) (4:15) ([2:10](#)), [Brene Brown](#) TED talk (20:52)
9. “How to Know a Person” by David Brooks | [Video](#): (50)
10. “Life on Purpose” by Victor Strecher | [TED Talk](#) (26:00)
11. “Thrive: Finding Happiness the Blue Zones Way” by Dan Buettner | TED Talk [How to Live to be 100+](#) (22:11)
12. “How to Begin” by Michael Bungay Stanier | Video: [How to Begin](#) (30:22)

These books and talks provide a foundation for twelve BEMEASURING practices that have been shown to increase happiness and well-being. Read more about Positive Shift: <https://dailyplanit.com/free-tools/positive-shift-happens-toolkit/>

www.dailyplanit.com/books/screenandpage/
Great Reads at the Daily PlanIt