

## Recommended Reading

The following books are great companions on your journey to career clarity and fulfillment. I strongly recommend them. Click on the links to order them from Amazon.

### CAREER CLARITY

[Live the Life You Love: In Ten Easy Step-By Step Lessons](#) - In this book, Barbara Sher shows you how to break free from a career that doesn't cut it...tailor-make a meaningful, rewarding life to your personal specifications...and create a foundation for success that's strong enough to support your heart's desire.

[Now, Discover Your Strengths](#) - Are you ready for excellence? Do you want to hone your strengths and focus on what you do best? This revolutionary program shows you how to develop your unique talents and strengths - and those of the people you manage.

[Zen and The Art of Making A Living](#) - Do you want to make a living doing what you truly love? This book will help you clarify your career vision and take action to realize it. This book is an excellent companion to a coaching program - it helped me identify my dream career and achieve it.

### STRESS RELIEF

[The Mini-Retreat Solution](#) - You can relax yourself deeply without taking any extra time out of your life. With just a few moments to relax and recharge, you will work smarter, laugh more, and fully engage in life. You'll find the energy to shine, not just exist. With over 80 different ways to relax and refresh, [The Mini-Retreat Solution](#) will show you how to weave moments of deep relaxation into your daily life, no matter how busy you are.

**The Myth of Stress** Where does stress come from? Financial pressures? Looming deadlines? For more than half a century, we've been told that stress comes from circumstances like these. Andrew Bernstein challenges this concept and explains that stress comes from our thoughts about our circumstances. Bernstein shares an effective antidote to stress – finding the stress-producing thoughts and dismantling them.

**Feel the Fear and Do It Anyway** - Fear is the number one reason why we don't take action, be it in relationships, business, or any other area of our lives. This book is a guide to overcoming fear – by feeling the fear and doing it anyway.

**Taming Your Gremlin** - There is a creature inside each of us that can stop us in our tracks, take the wind out of our sails and make us feel about three inches tall. Get to know this creature, your inner critic, and turn it into a strength instead of a weakness. This book offers a light and humorous approach in dealing with your inner saboteur and taking charge of your destiny.

## POSITIVE CHANGE

**The Art of Possibility** - Are you ready for a paradigm shift? Do you want to create your life from possibility rather than circumstances? Through uplifting stories, parables, and personal anecdotes the Zanders invite you to become a communicator and leader who radiates possibility.

**Switch: How to Change Things When Change Is Hard** In a compelling, story-driven narrative, the Heaths bring together decades of counter-intuitive research in psychology, sociology, and other fields to shed new light on how we can effect transformational change. **SWITCH** shows that successful changes follow a pattern. You can use this pattern to make the changes that matter to you, whether you are interested in changing the world or changing your waistline.

**The Joy of Appreciative Living** Based on a national study, here is a 28 day blueprint to greater happiness broken down into 3 simple steps. A highly focused program of daily practice that can make all the difference in your world.

## SELF CARE

**The Mini-Retreat Solution** - You can relax yourself deeply without taking any extra time out of your life. With just a few moments to relax and recharge, you will work smarter, laugh more, and fully engage in life. You'll find the energy to shine – not just exist. With over 80 different ways to relax and refresh **The Mini-Retreat Solution** will show you how to weave moments of deep relaxation into your daily life – no matter how busy you are.

**The Joy Diet** – This is the healthiest and most enjoyable diet you will ever try – a diet not for the body, but for the soul. On the menu are ten behaviours that will greatly enhance your experience and appreciation of this precious gift of life.

**The Highly Sensitive Person** – Are you aware of subtleties in your environment? Do other people's moods affect you? Are you very sensitive to pain? Do you get overwhelmed when you have too much to do at once In a world that values aggression and extroversion it can be difficult to be a "highly sensitive person." This book provides insights on how to thrive with your gift of sensitivity.

## REWARDING RELATIONSHIPS

**The Seven Principles for Making Marriage Work** – John Gottman has studied habits of married couples and has found seven principles that guide couples towards harmonious and long lasting relationships. The principles also apply to other important relationships, such as colleagues, customers, family and friends.

**Nonviolent Communication** is the lost language of humankind, the language of a people who care about one another and long to live in harmony. Using stories, examples and sample dialogues, Marshall B. Rosenberg provides everyday solutions to perplexing communication problems.