

Recommended Reading List

Top Leadership Books

Leadership and Self-Deception, Arbing Institute

Primal Leadership: Learning to Lead with Emotional Intelligence, Daniel Goleman, Richard Boyatzis and Annie McKee

Just Listen: Discover the Secret to Getting Through to Absolutely Anyone, Mark Goulston

Change Your Questions Change Your Life: 10 Powerful Tools for Life and Work, Marilee Adams, PhD

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

Monday Morning Choices, David Cottrell

Fish! Stephen C. Lundin, Harry Paul, and John Christensen

For Entrepreneurs

Moms Mean Business: A Guide to Creating a Successful Company and a Happy Life as a Mom Entrepreneur by Erin Baebler and Lara Galloway

The ONE Thing: The Surprisingly Simple Truth Behind Extraordinary Results, Gary Keller with Jay Papasan

Making Ideas Happen: Overcoming the Obstacles Between Vision and Reality, Scott Branson

The Millionaire Course, Marc Allen

Top Personal Favorites (nonfiction)

Take Time for Your Life, Cheryl Richardson

The New Messies Manual, Sandra Felton

Body Clutter, Marla Cilley and Leanne Ely

The Heartmath Solution, Doc Childre and Howard Martin

The Seven Principles for Making Marriage Work, John M. Gottman, Ph.D.

28 Day Yoga Exercise Plan, Richard Hittleman (The daily thoughts are written to a 50's housewife, but the essential messages are great for everyone.)

Pain Free, Pete Egoscue

Home Safe Home, Debra Lynn Dadd

Simple Abundance, Sarah Ban Breathnach *The Price of Motherhood*, Ann Crittenden

I Don't Want To Talk About It, Terrence Real (This one is written to men, but I identified with a lot of it.)

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Recommended Reading List (con't)

Top Parenting Favorites

Natural Baby Care, Mindy Pennybacker and Aisha Ikramuddin

Toddlers and Parents, T. Berry Brazelton

Reviving Ophelia, Mary Pipher and Ruth Ross

Courage to Raise Good Men, Olga Silverstein and Beth Rashbaum

The Secret of Childhood, Maria Montessori

Yes, Your Teen Is Crazy! Michael J. Bradley