

THE READING + LISTENING LIST

Looking for additional resources to enhance your personal growth? Here are some of our favorites as well as those that have been recommended to us.

Books

Title	Author	Category	What We Got Out of It
The Code of the Extraordinary Mind	Vishen Lakhiani	Personal Dev't	Questioning my default assumptions about life and my current beliefs and helping to put in place ones that work harder for me.
Think Like a Monk	Jay Shetty	Personal Dev't	Takes concepts of his experiences as a monk and gives them practical application.
Nice Girls Don't Get the Corner Office	Lois P Frankel	Women Career Dev't	How to get out of your own way.
Think Again	Adam Grant	Personal Dev't	How our biases towards certain ways of thinking can get in the way of true success. Love all his books.
Range	David Epstein	Personal Dev't	Spoke to me of the value of being a generalist + the power it can have when we broaden our skill sets.
Atomic Habits	James Clear	Personal Dev't	Big fan of small changes for big impact vs. wholesale change.
Shoe Dog	Phil Knight	Branding	Self-professed brand geek, for sure, but hearing it from the mouth of one of the GOAT.

Books (Continued)

Title	Author	Category	What We Got Out of It
Finding My Virginity	Richard Branson	Personal Dev't	Completely changed my perspective on the man, who I did not respect before reading this book but now revere.
Late Bloomers	Rich Karlgaard	Personal Dev't	Taking the pressure off of a world where "youthful success" seems to be all the rage and reminding us that it is never too late to make changes and build greatness.
You are a Badass	Jen Sincero	Women Career Dev't	Powerful reminders of how we can lean into our power and stop doubting who we are.
Getting Naked	Patrick Lencioni	Personal Dev't	(Or really anything by this author for quick, actionable, non-boring business reads".) This one speaks to the proper use of vulnerability and the power it can have.
High Performance Habits	Brendon Burchard	Personal/Leadership Dev't	Fundamental suggestions for managing your energy.
Multipliers	Liz Wiseman	Leadership Dev't	The distinction and nuances of being a multiplier vs a diminisher are mind opening.
The Science of Scaling	Benjamin Hardy & Blake Erickson	Business Dev't	Breaks many limiting beliefs holding back business growth.
Traction	Glenn Wickman	Business Dev't	Where EOS and its principles were born.

Books (Continued)

Title	Author	Category	What We Got Out of It
Cues	Vanessa Van Edwards	Personal Dev't	Focuses on Appearance and how critical it is in influencing.
The E Myth	Michael E. Gerber	Business Dev't	Paints the realistic canvas of entrepreneurship.
The Subtle Art of Not Giving a Fuck	Mark Manson	Personal Dev't	How to get out of your own way.
The Power of Vulnerability	Brene Brown	Personal Dev't	I resisted this one for a long time but it served up lessons right at a time I needed it.
The Source	Tara Swart	Personal Dev't	Captures actionable science in our brains for how to get closer to our purpose.
Principles	Ray Dalio	Business Dev't	Brilliant insight into using Personal Brand philosophies to build a successful business and culture of accountability.
Outliers	Malcolm Gladwell	Personal Dev't	A study in high achievers and how environment and opportunity sets the stage but the person has to do the work.

Podcasts

Title	Author	Category	What We Got Out of It
Stuff You Should Know	Josh Clark & Chuck Bryant	Society & Culture	Provides interesting insight on topics you never would have thought to care about.
Re:Thinking	Adam Grant	Society & Culture	Approaches topics with a novel filter as an organizational psychologist.
The Mel Robbins Podcast	Mel Robbins	Self-Improvement	I identify with her philosophy and she digs deep.
The Joe Rogan Experience	Joe Rogan	Comedy	You never know where the convo is going to go. The long-form format allows for wide ranging convo.
Finding Mastery	Dr. Michael Gervais	Self-Improvement	Brings his filter of being a sports psychologist to the convo to really uncover nuggets that are useful.
The Mindvalley Podcast	Vishen Lakhiani	Mental Health	Mind opening in the way it taps into possibilities for improving your well being.
How I Built This	Guy Raz	Business	Case studies for how to build and grow in business.
Masters of Scale	Reid Hoffman, Bob Safian & Jeff Berman	Management	Lessons and strategies from business leaders.