

E-books from ManageTrainLearn

# Life-Changers

**The Top 100 Self-help  
Books that Changed  
Our Lives**



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## Introduction

This book arose out of a question posed by Stella Collins on the Training Journal forum in October 2009. Stella asked: “I recently saw millionaire investor Warren Buffet on TV saying that the one book he read that changed his life was Dale Carnegie’s “How To Win Friends and Influence People”. It got me wondering: what book has changed your life?”

We, at ManageTrainLearn, were so taken by the idea that we put the same question to our friends in the online learning, coaching and self-help world. Within 3 weeks, we’d received over 300 replies and sparked interest, discussion and debate across the Internet. Rather than see the contributions disappear into the thin air of cyberspace, we decided to compile the replies and make them available to a wider audience in a free e-book. And this book is the result.

In compiling the list we did 2 things. First, we limited the list to 100, based on the frequency of nominations (and maybe some personal editing on our part.) Secondly, we eliminated the following on the grounds that they were not strictly-speaking self-improvement books: religious texts; works of pure fiction; classic works of literature; culture-specific works; and technical manuals.

What we were left with were the most favourite self-help books amongst the self-help community. We present them here in alphabetical order accompanied by reviews from amazon and thumbnail book covers also from amazon.

Like us, you will probably discover some of your own favourites and some that you've never come across before. We hope that this will spark your curiosity and kick-start your further self-development.

Our thanks go to Stella Collins for the idea, all the contributors for their suggestions, and, of course, to those writers who have changed, and are still changing, all our lives.

Eric Garner

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Note: Stella Collins provides technical and management training to business using brain friendly techniques through her company Stellar Learning. Find her at [www.stellarlearning.co.uk](http://www.stellarlearning.co.uk)

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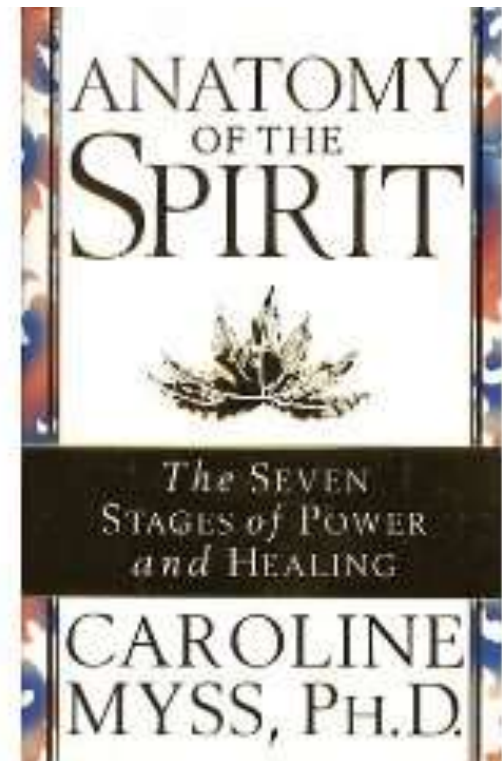
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## “Anatomy of the Spirit” by Caroline Myss

Encoded within your body, teaches Dr. Myss, is an energy system linking you directly to the world's great spiritual traditions. Through it you have direct access to the divine energy that seamlessly connects all life. In *Anatomy of the Spirit*, Dr. Myss offers a stunning picture of the human body's hidden energetic structures, while revealing its precise spiritual code and relationship to the sacred energy of creation. Our most revered wisdom traditions, including Judaism, Christianity, and Hinduism, hold in common essential teachings about seven specific levels of spiritual development, the stages of power in life.

These seven great truths also grace the human body as an energetic system, a spiritual compass pointing the way to the divine. By honoring this inborn code, you can learn to see the symbolic blocks within your energy centers and their correlations with your health, relationships, and spiritual development. Richly interwoven with research, examples, and self-diagnostic guidelines, *Anatomy of the Spirit* will take you to the heart of the spiritual life and beyond.

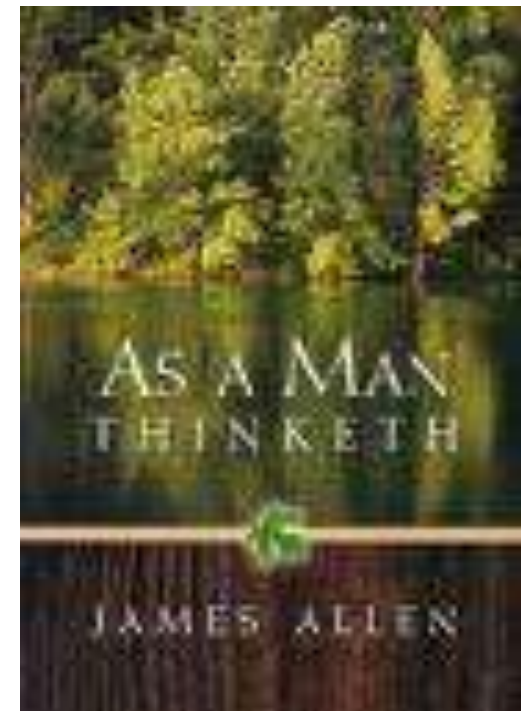


## "As a Man Thinketh" by James Allen

This little book, filled with much wisdom, can be summed up in this one sentence: "All that a man achieves and all that he fails to achieve is the direct result of his own thoughts".

Overall, this book is about taking responsibility for your lot in life - the good and the bad - as it can all be traced to the thoughts you entertain day in and day out. It also shows how our thoughts directly impact our character - we are what we think - How true!!!

I would recommend this book to everyone interested in changing some aspect of their life. It is less than 70 pages & can be read in less than an hour, but its effects could last a lifetime.

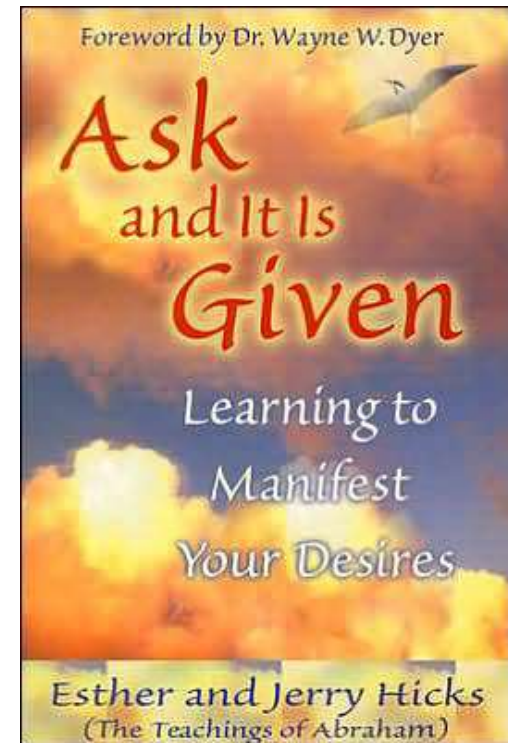


## "Ask and It Is Given" by Esther and Jerry Hicks

I'll be honest -- I don't know what to think of the claim that Esther Hicks is channelling non-physical entities. I initially resisted buying this book because I am cautious around such claims of supernatural inspiration. But I respect Wayne Dyer and other great thinkers who praised this book, so I decided to give it a try. I'm glad that I did.

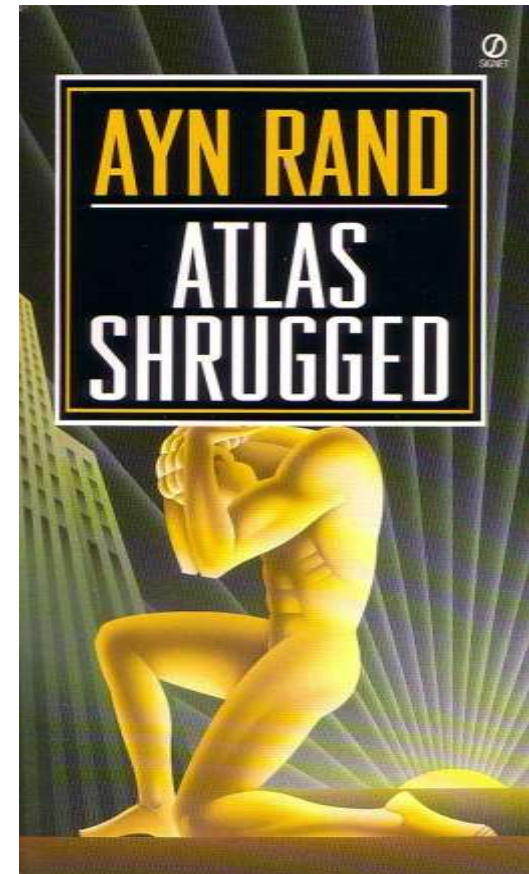
This is one of the most powerful books on manifesting your dreams that I've ever read. Every paragraph contains deep truths that just feel intuitively right. This book is especially effective in showing how our emotions are the key to understanding whether we are on the road to success or failure in manifesting our desires. The exercises are both fun and deeply practical. I particularly like the exercises involving the "Magical Creation Box" and "The Prosperity Game." They make you feel young again -- your imagination is activated and everything suddenly feels possible.

I don't know whether the origin of this book is supernatural, nor do I care. The message is true and the exercises work. Try it for yourself. It will change your life.



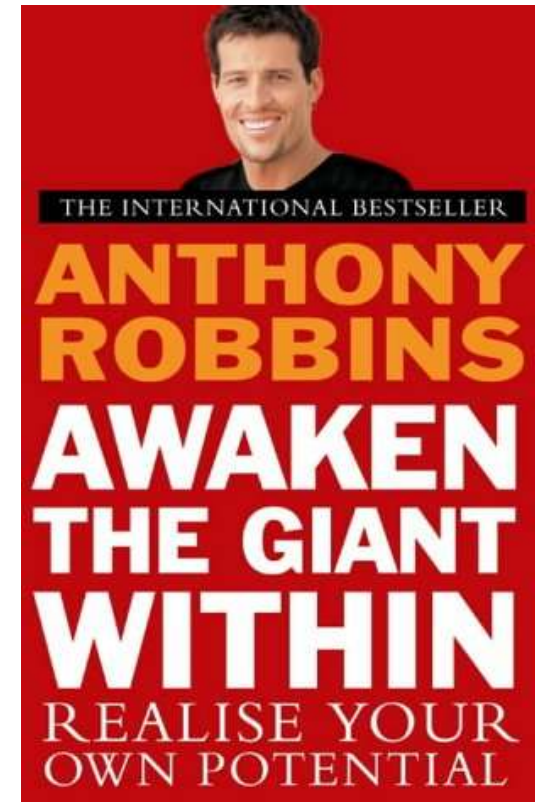
## "Atlas Shrugged" by Ayn Rand

Published in 1957, Atlas Shrugged was Ayn Rand's greatest achievement and last work of fiction. In this novel she dramatizes her unique philosophy through an intellectual mystery story that integrates ethics, metaphysics, epistemology, politics, economics, and sex. Set in a near-future U.S.A. whose economy is collapsing as a result of the mysterious disappearance of leading innovators and industrialists, this novel presents an astounding panorama of human life—from the productive genius who becomes a worthless playboy...to the great steel industrialist who does not know that he is working for his own destruction...to the philosopher who becomes a pirate...to the woman who runs a transcontinental railroad...to the lowest track worker in her train tunnels. Peopled by larger-than-life heroes and villains, charged with towering questions of good and evil, Atlas Shrugged is a philosophical revolution told in the form of an action thriller.



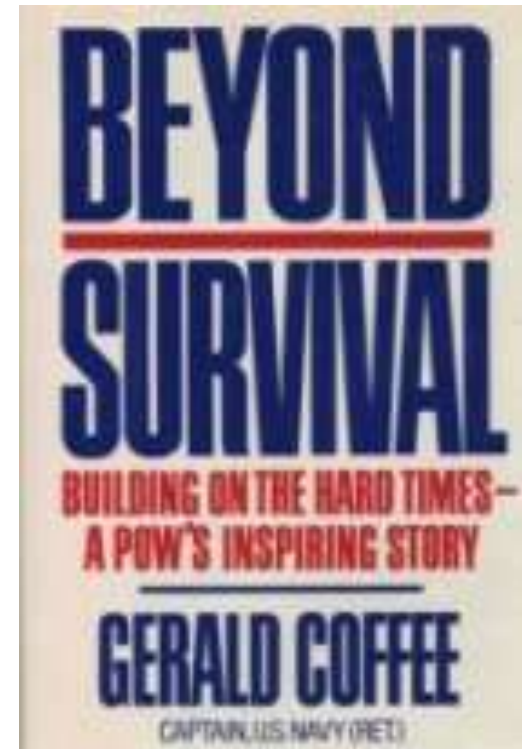
## "Awaken the Giant Within" by Anthony Robbins

I first saw Tony Robbins on the Joan Rivers show back in 1993. I was very impressed by his charisma and energy, but like many others, felt that Tony Robbins was just a salesman trying to dupe the naive into buying his books and then all of the other products, seminars etc. At work, I ran into a friend who was radiant (unusual for her) and unusually bubbly she told me some of the changes in her life that were taking place and she had begun to read this book: "Awaken the Giant". What really impressed me were the changes that started taking place in the days and weeks that followed. She started to lose weight, was participating more in meetings at work, and then got promoted. I was impressed. So I decided that this must work. I went out and bought Awaken the Giant and began to use the techniques such as "the swish pattern" and "scrambling technique". Awaken the Giant is a huge book, but I read it in one week. My job performance improved immediately as did my tennis game. I got immediate and dramatic results. This is not just a "feel good book" the techniques really work.



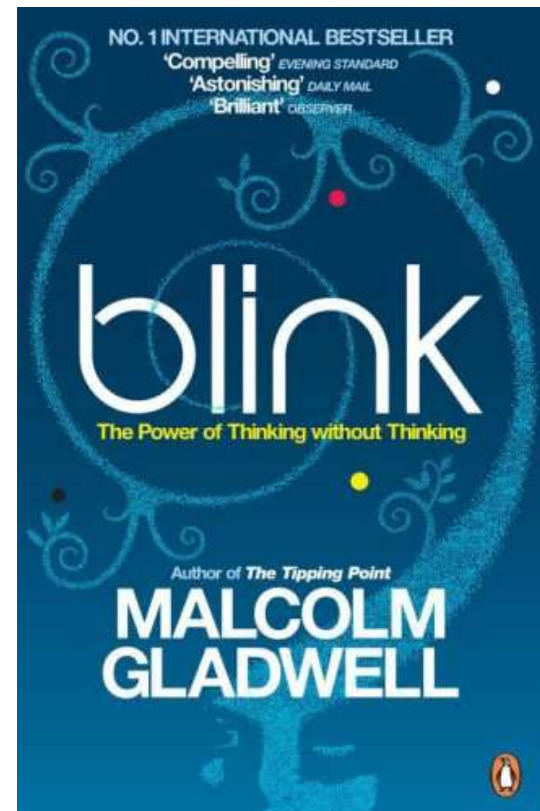
## "Beyond Survival" by Gerald Coffee

Retired U.S. Navy captain Coffee was a prisoner of war in North Vietnam from 1966 to 1973, most of the time in Hanoi and in a cell by himself. How he endured and what he learned from the experience are the subjects of this inspiring book. By calling on his inner resources, such as his faith in God, his conviction that the United States was right to be in Vietnam, his love for his wife and children, and his respect for his fellow prisoners, he was able to overcome loneliness and the pain of occasional torture. Each chapter is headed by a paragraph of invincible principles that Coffee discovered for himself during his ordeal: "The only real security we have is the certainty that we're equipped to handle whatever happens to us"; "Humor is integral to our peace of mind and ability to go beyond survival."



## "Blink" by Malcolm Gladwell

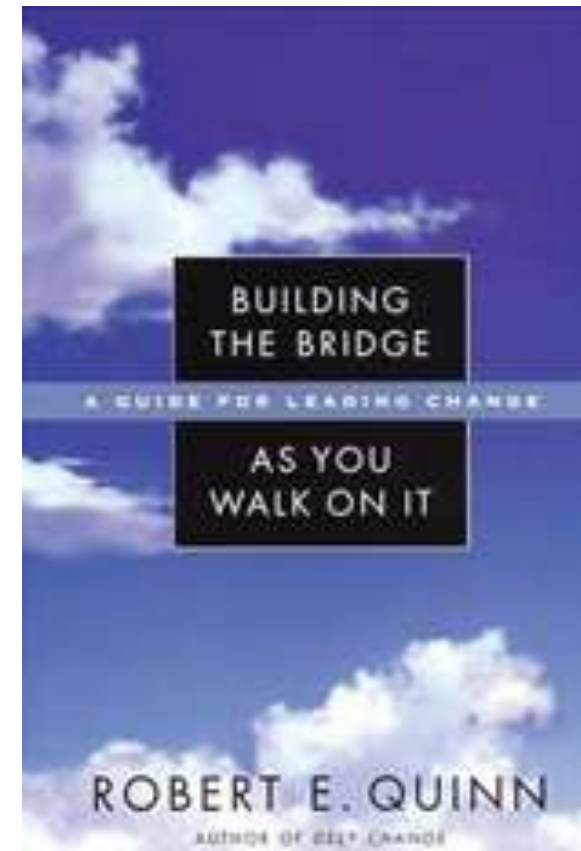
Blink is about the first two seconds of looking--the decisive glance that knows in an instant. Gladwell, the best-selling author of *The Tipping Point*, campaigns for snap judgments and mind reading with a gift for translating research into splendid storytelling. Building his case with scenes from a marriage, heart attack triage, speed dating, choking on the golf course, selling cars, and military maneuvers, he persuades readers to think small and focus on the meaning of "thin slices" of behavior. The key is to rely on our "adaptive unconscious"--a 24/7 mental valet--that provides us with instant and sophisticated information to warn of danger, read a stranger, or react to a new idea.





## "Building the Bridge As You Walk On It" by Robert E Quinn

Building the Bridge As You Walk On It tells the personal stories of people who have embraced deep change and inspired author Robert Quinn to take his concept one step further and develop a new model of leadership—"the fundamental state of leadership." The exploration of this transformative state is at the very heart of the book. Quinn shows how anyone can enter the fundamental state of leadership by engaging in the eight practices that center on the theme of ever-increasing integrity—reflective action, authentic engagement, appreciative inquiry, grounded vision, adaptive confidence, detached interdependence, responsible freedom, and tough love. After each chapter, Quinn challenges you to assess yourself with respect to each practice and to formulate a strategy for personal growth.

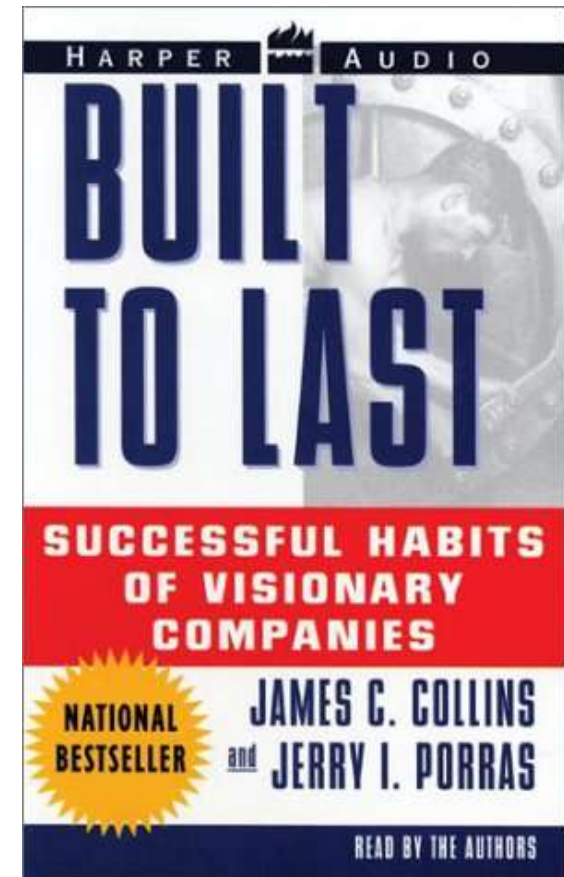


## "Built to Last" by James C Collins and Jerry I Porras

Built To Last was an extremely thought provoking and eye opening read. Built To Last studies some of the most successful (called the leading companies) and the following companies (non-leaders in an industry). The research for this book produced surprising results for the authors (and the reader). The authors found the there were at least twelve commonly held businesses beliefs that their research refuted. In essence these dearly held business beliefs were myths. These myths included:

1. It takes a great idea to start a company Few visionary companies started with a great idea. Many companies started without any specific ideas (HP and Sony) and others were outright failures (3M). In fact a great idea may lead to road of not being able to adapt.
2. Visionary companies require great and charismatic visionary leaders A charismatic leader in not required and, in fact, can be detrimental to a company's long-term prospects.

I would recommend this book to anyone engaged in developing and running a business at any level. If you want to design, build and run a lasting enterprise this book has some ideas and insights worth exploring. (Martin Shray)



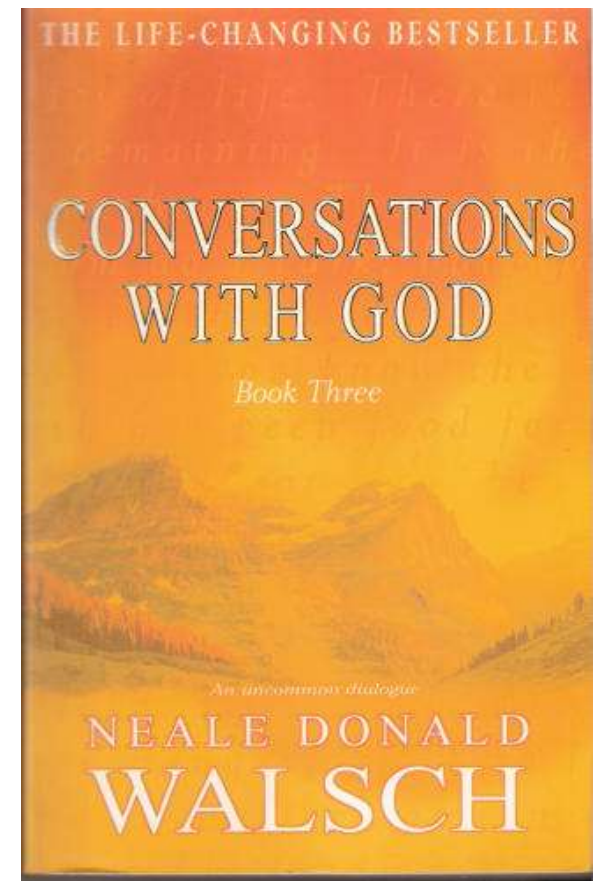
## "Clear Leadership" by Gervase Bushe

Expanding on the fresh concepts that made the first edition of "Clear Leadership" such a success a decade ago, Bushe brings up-to-date the tools and techniques needed to build sustaining partnerships and make today's collaborative organizations work. This fully revised edition now includes 23 skill-building exercises, dozens of personal stories and examples, and completely new chapters that add a sharper focus on ways that the original model of the four selves - the Aware, Curious, Appreciative, and Descriptive Self - can help anyone cut through the miscommunication, misunderstanding, and toxic mush dominating the workplace to achieve clarity, full engagement, and sustained collaboration.



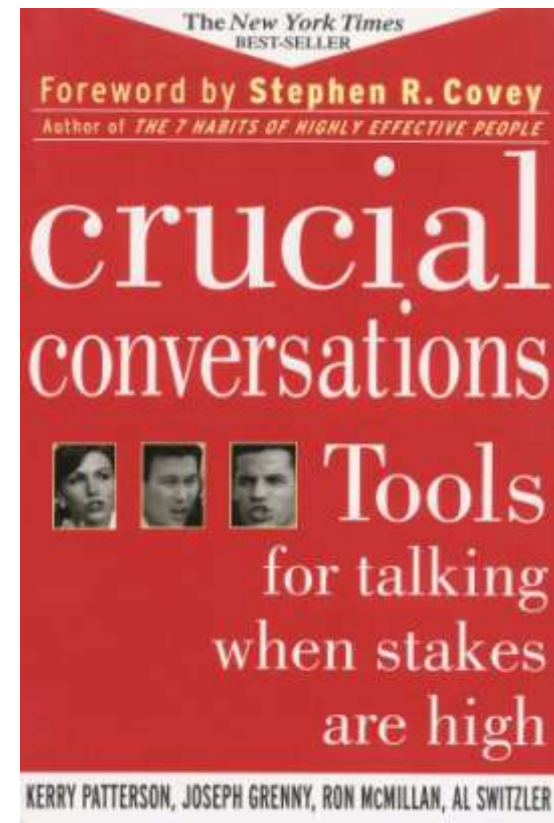
## "Conversations with God" by Neale Donald Walsch

Blasphemy! Heresy! Who does this man think he is, claiming to speak directly to God?! Jesus did it, Muhammad did it, the Jewish prophets did it, but none of their Gods had the sardonic wit or raw verve of Prophet Walsch's God. Neale Donald Walsch isn't claiming to be the Messiah of a new religion, just a frustrated man who sat down one day with pen in his hand and some tough questions in his heart. As he wrote his questions to God, he realized that God was answering them... directly... through Walsch's pen. The result, far from the apocalyptic predictions or cultic eccentricities you might expect, turns out to be matter-fact, in-your-face wisdom on how to get by in life while remaining true to yourself and your spirituality.



## "Crucial Conversations" by Kerry Patterson

Wanna argue? Nope. Then you need Kerry Patterson and his co-writers, who describe techniques for effective negotiation and conflict resolution in the context of important, potentially life-changing conversations. Examples include talking yourself into a promotion, bringing up important information at meetings and working out problems with your spouse. Some tips will sound familiar, such as knowing what you really want and being open to alternatives. However, the book also highlights some themes that are often forgotten in negotiations, such as making it safe for others to express their true feelings and desires. The authors explain how to avoid getting forced into false either-or choices and tell you how to remain alert for unstated alternatives or possibilities. This lively book includes many examples drawn from business and personal relationships. We recommend it in particular to those who are new to negotiations and conflict resolution, though it teaches solid skills that any manager - or any marriage partner, for that matter - could benefit from mastering. (Rolf Dobelli)



## "Don't Sweat the Small Stuff" by Richard Carlson and Kristine Carlson

The cover of this book says it was a bestselling book of the year at one time. After opening it up and glancing through it, it's not hard to see why.

The purpose of the book is to get you to look at things, common situations we all come across every day, like being criticized or being given more work than you can possibly finish, and see them a little differently. Believe it or not, it delivers- and in just a page or two at a time if you can believe that! That's because the wisdom is definitely there, on every page, and it just plain makes sense. Many times I've read a chapter or two and thought, "Why didn't I think of that before?".

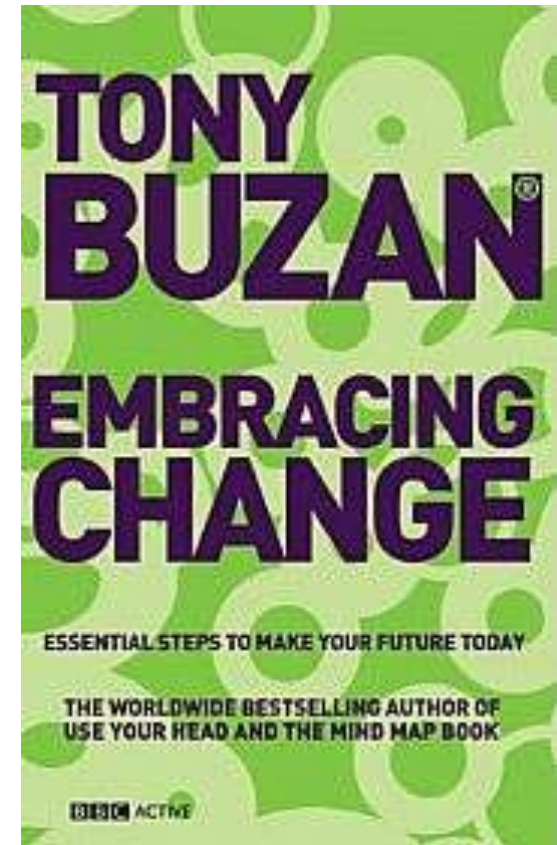
The other good thing about this tiny book is that you could either sit down and read it cover-to-cover, or just pick it up once in awhile and pick a random chapter to read. Either way, the mini-chapters are sure to quickly leave most readers wondering why they make such a big deal out of the things they do. Other short self-help books I like include "Finding Happiness in a Frustrating World".



## "Embracing Change" by Tony Buzan

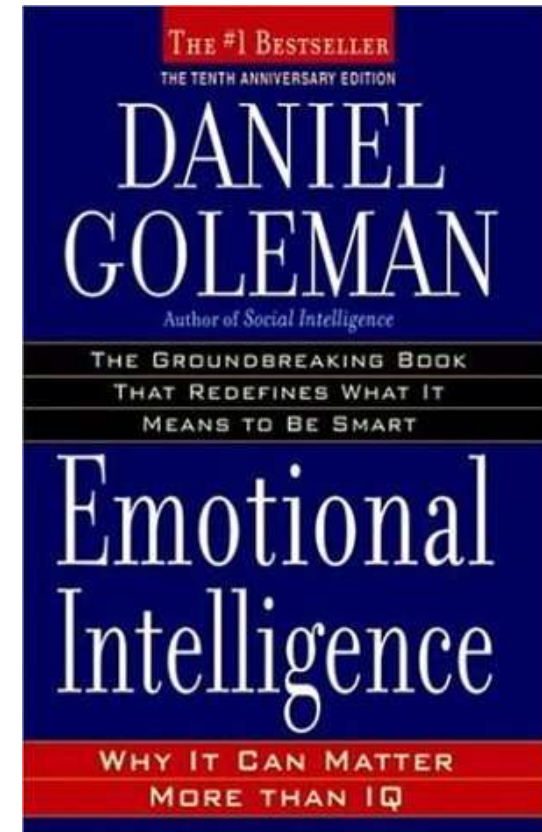
In this book, Tony Buzan, as usual, reiterates his favourite techniques like Mind Maps, TEFCAS, Radian Thinking, etc. If you've read other books by Tony Buzan, you may find parts of this book monotonous, uninteresting and not engaging readers' interest. However, there were valuable thought worth consideration in the other parts of the book.

Everything changes around us. According to Darwin, neither the strongest nor the smartest species will survive but that will be able to adapt to the changes of the environment. If we resist changing, we will be at a loss. Procrastination is a form of resistance to change. The body may be the first thing that we postpone taking care of. If we are unfit and our nourishment is poor, all our energy levels will slide. We will become stagnant: in the sense of becoming unmoving, unchanging, our changing towards becoming more unchanging! A body that is stagnant will eventually corrupt itself, It will disrupt the immune system, lose its ability to self-heal, will have no freedom of will, no ability to act to preserve its goal and its ability to change. (Maxim Masiutin)



## "Emotional Intelligence" by Daniel Goleman

There was a time when IQ was considered the leading determinant of success. In this fascinating book, based on brain and behavioral research, Daniel Goleman argues that our IQ-idolizing view of intelligence is far too narrow. Instead, Goleman makes the case for "emotional intelligence" being the strongest indicator of human success. He defines emotional intelligence in terms of self-awareness, altruism, personal motivation, empathy, and the ability to love and be loved by friends, partners, and family members. People who possess high emotional intelligence are the people who truly succeed in work as well as play, building flourishing careers and lasting, meaningful relationships. Because emotional intelligence isn't fixed at birth, Goleman outlines how adults as well as parents of young children can sow the seeds.



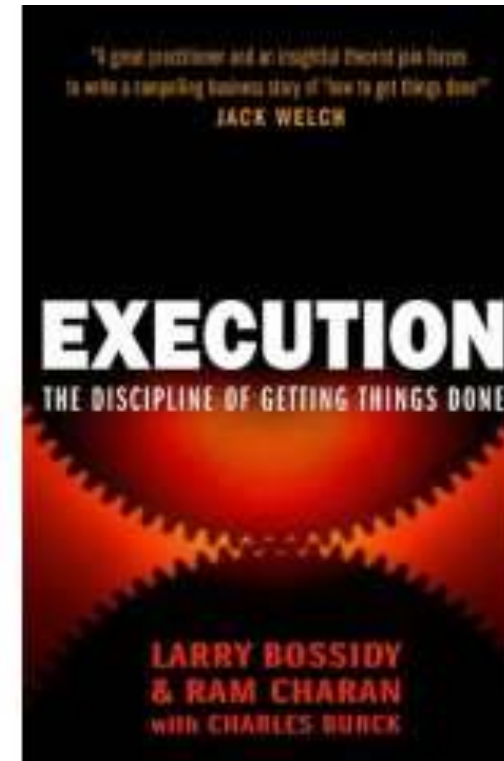


## "Execution: the Discipline of Getting Things Done" by Larry Bossidy and Ram Charan

Disciplines like strategy, leadership development, and innovation are the sexier aspects of being at the helm of a successful business; actually getting things done never seems quite as glamorous. But as Larry Bossidy and Ram Charan demonstrate in Execution, the ultimate difference between a company and its competitor is, in fact, the ability to execute.

Execution is "the missing link between aspirations and results," and as such, making it happen is the business leader's most important job. While failure in today's business environment is often attributed to other

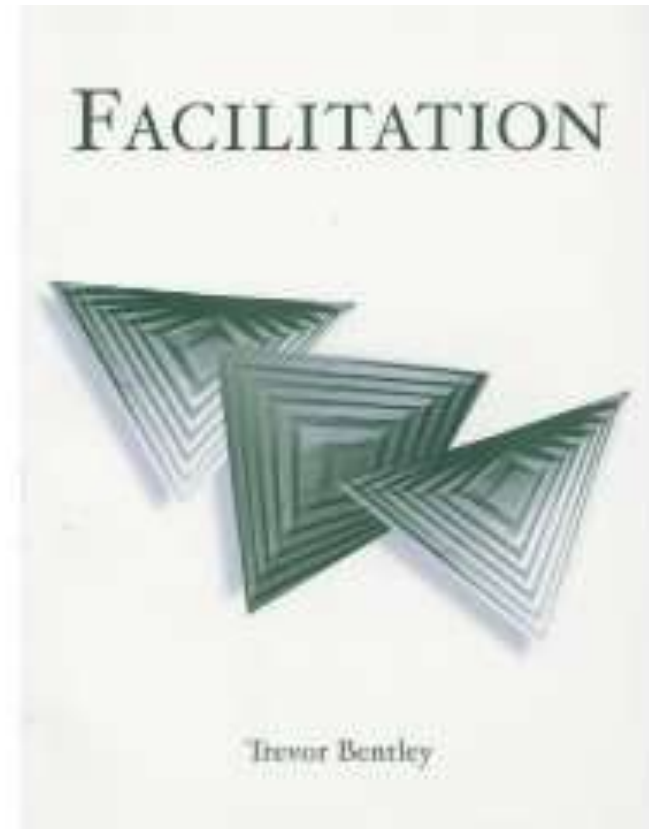
causes, Bossidy and Charan argue that the biggest obstacle to success is the absence of execution. They point out that without execution, breakthrough thinking on managing change breaks down, and they emphasize the fact that execution is a discipline to learn, not merely the tactical side of business. Supporting this with stories of the "execution difference" being won (EDS) and lost (Xerox and Lucent), the authors describe the building blocks--leaders with the right behaviors, a culture that rewards execution, and a reliable system for having the right people in the right jobs--that need to be in place to manage the three core business processes of people, strategy, and operations.



## "Facilitation" by Trevor Bentley

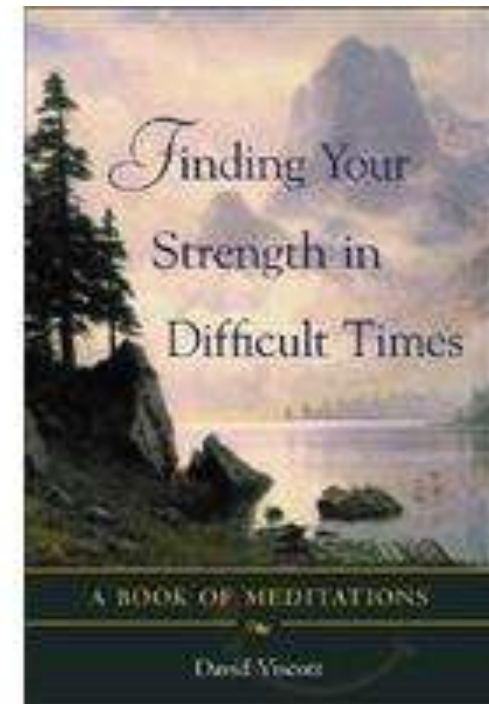
Trevor Bentley's book on Facilitation is a wonderful source of learning. This is partly because of what the author shares of his experiences as a facilitator, and partly because of the way in which he does so. The book is structured around a case study of a facilitation skills workshop that he facilitated, which he describes with such clarity that as I read the book I felt like I was part of the workshop and that I cared about what was happening for the participants. The combination of explaining what he did and why (and what other techniques might or might not work), and the ways in which he modelled his own values through what he did, is a powerful one and made my learning seem experiential.

Throughout the book the author demonstrates that it is the other person's process that he is facilitating, that anything might happen - and frequently does - and how good contact can enable individuals and groups to grow and develop. The book is a remarkable testimony to the ability of individuals to achieve things for themselves and to take control of and responsibility for their own efforts and achievements.



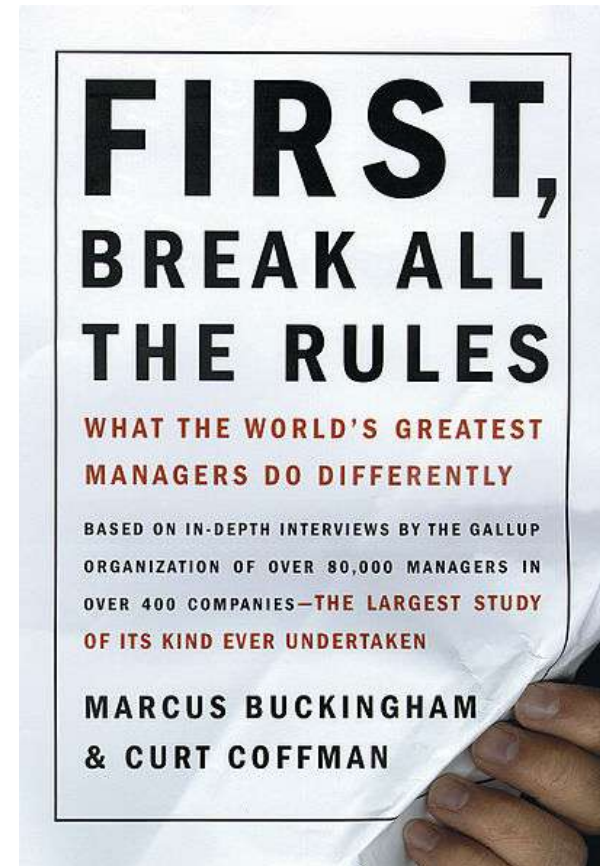
## "Finding Your Strength In Difficult Times" by David Viscott

I do not try to be accepted. I do not search for love. I want only to be me and am grateful for the gift of myself. The road of life is seldom a smooth one - it's dotted with potholes, treacherous turns, speed bumps, and numerous detours. While it's easy to lose your way traveling along such a road, you need not despair. This comforting, portable book will help you find your inner strength. The many meditations and affirmations collected in "Finding Your Strength in Difficult Times" will help you recognize and nurture your innate strengths and gifts. These practical insights and sensitive reflections will be welcome guideposts as you make your way through difficult times.



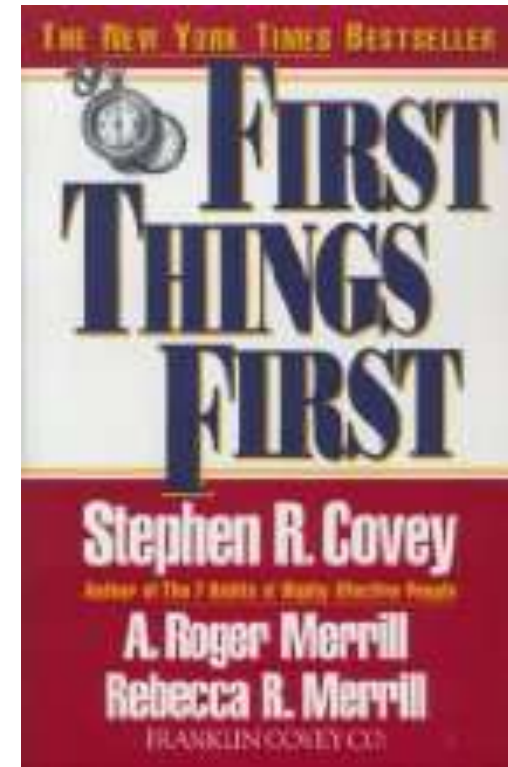
## "First Break All the Rules" by Curt Coffman and Marcus Buckingham

The authors, both management consultants for the Gallup Organization, use the company's study of 80,000 managers in 400 companies to reach the conclusion that a company that lacks great frontline managers will bleed talent, no matter how attractive the compensation packages and training opportunities. With this in mind, they sought the answers to the follow-up questions: "How do great managers find, focus and keep talented employees." Using case studies, diagrams, and excerpts from interviews, Buckingham and Coffman guide us through their findings that discipline, focus, trust, and, most important, willingness to treat each employee as an individual are the overall secrets for turning talent into lasting performance. The book concludes with suggestions on how to become a great manager, including ideas for interviewing for talent, how to develop a performance management routine, and how to get the best performance from talented employees. Although this is clearly an infomercial for the Gallup Organization, it nevertheless offers thoughtful advice on the essential task of developing excellent managers. Mary Whaley



## "First Things First" by Stephen Covey

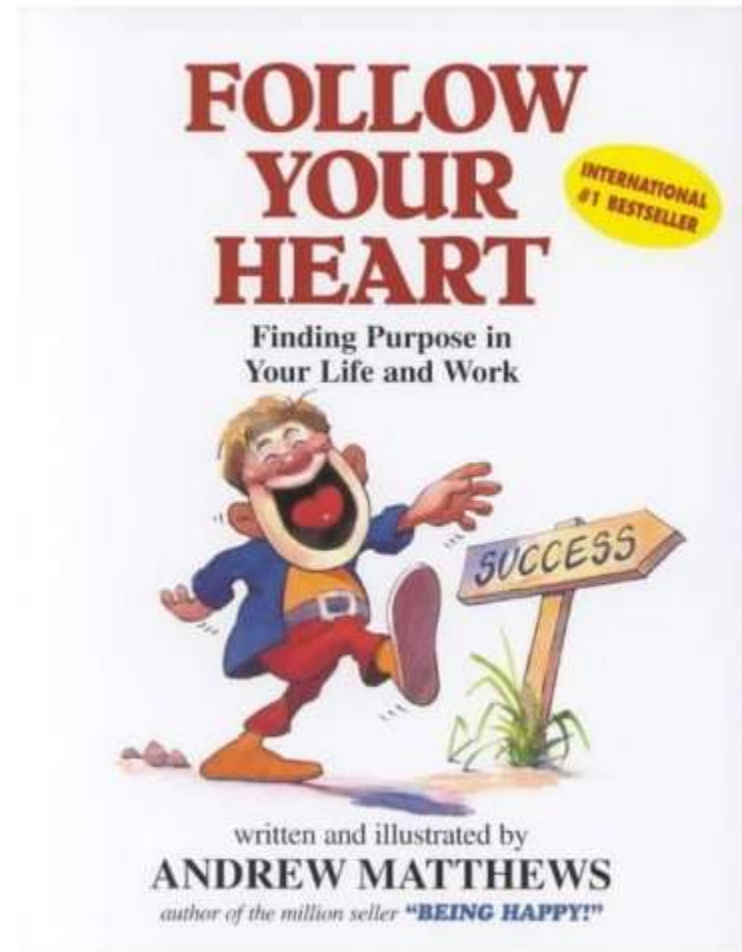
Dr Covey appears to have worked out life to a mint here - how to organise every second of your life to what you want to do, and how to make decisions based on what you set yourself. He starts from the roots - and tells you how to lead yourself to form your character, with a singular mission in life based on your values, which form the secondary base of the leadership principles he describes. It's a complicated process which needs all 368 pages to explain, and a lot of effort to start the ball rolling if you are serious about your life. It seems you might as well call this book 'how to live'. But - one problem - doesn't what you value in life (the base upon which his life leading strategy lies upon), change over time - so what you achieve from using this book will depend upon when you start using it. Or do your values only change over time if you have not set yourself values to stick to? It's very complicated.



But enough philosophy - this book is definitely worth a serious look. It teaches how to live with honesty and integrity, out of which personal worth is produced. Just don't think about it too hard. (Amazon Review)

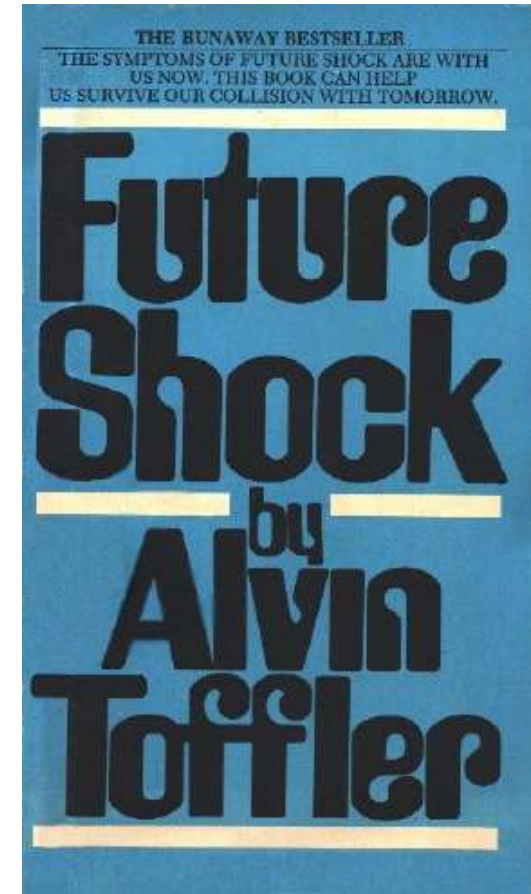
## "Follow Your Heart" by Andrew Matthews

A sequel to Andrew Matthew's "Being Happy" and "Making Friends", this is a simple and practical guide for anyone who wants to find purpose in their life and work. It is about: doing what one loves; dealing with bills and broken legs; discovering one's own power; finding peace of mind; dealing with disasters; and not blaming one's mother. The book is also about: how happy people think; why rich people make money, even by accident; and what losers do, and how not to be like them.



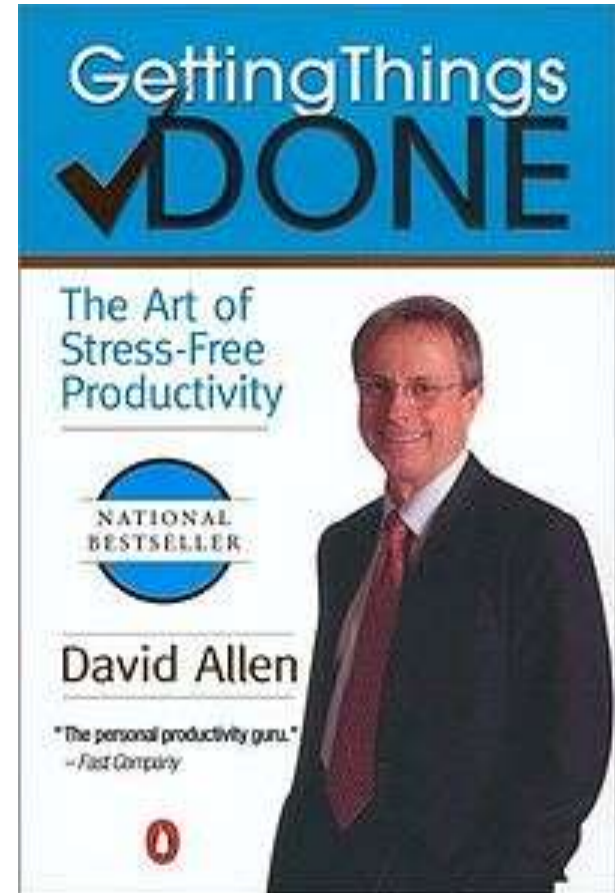
## "Future Shock" by Alvin Toffler

Historians are more in fashion than futurologists nowadays but it is instructive to consider how far what has happened diverges from what futurologists thought would happen. I like to look back on one popular book which daringly probed the future, Alvin Toffler's Future Shock. C P Snow, scientist and novelist, said of it that, 'no one ought to have the nerve to pontificate on our present worries without reading it'. The remark holds one generation on. Toffler coined the term 'future shock' in 1965 in the middle of what remains one of the most controversial decades of this century. Review by Asa Briggs.



## "Getting Things Done" by David Allen

'With first-chapter allusions to martial arts, "flow", "mind like water", and other concepts borrowed from the East, you'd almost think this self-helper from David Allen should have been called Zen and the Art of Schedule Maintenance. Not quite. Yes, Getting Things Done offers a complete system for downloading all those free-floating gotta-dos clogging your brain into a sophisticated framework of files and action lists--all purportedly to free your mind to focus on whatever you're working on. However, it still operates from the decidedly Western notion that if we could just get really, really organised, we could turn ourselves into 24/7 productivity machines. As whole-life-organising systems go, Allen's is pretty good, even fun and therapeutic. It starts with the exhortation to take every unaccounted-for scrap of paper in your workstation that you can't junk. The next step is to write down every unaccounted-for gotta-do cramming your head onto its own scrap of paper. Finally, throw the whole stew into a giant "in-basket". Timothy Murphy



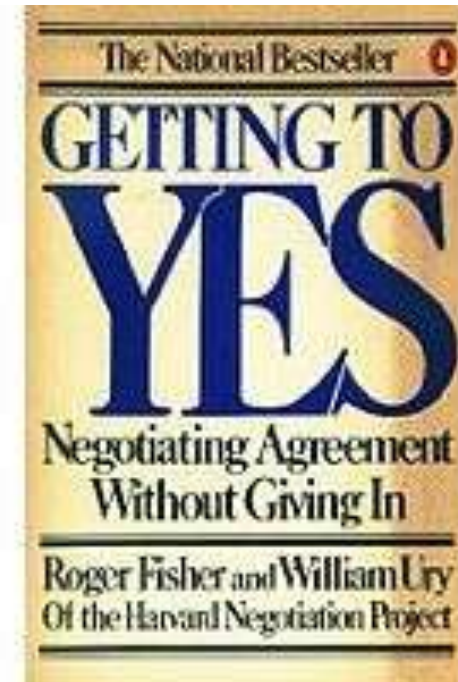


## "Getting to Yes" by Roger Fischer and William Ury

This is the first book I ever read on negotiating, and at the time I found it extremely good. However, since then, I have read both Shell's "Bargaining for Advantage" and Cialdini's "Influence", and found those two books immensely better than Getting to Yes, for a few different reasons.

Number of stories - in Getting to Yes, the authors do not offer enough stories to burn the concepts into the reader's mind. I personally think stories are the best way to communicate something like negotiating.

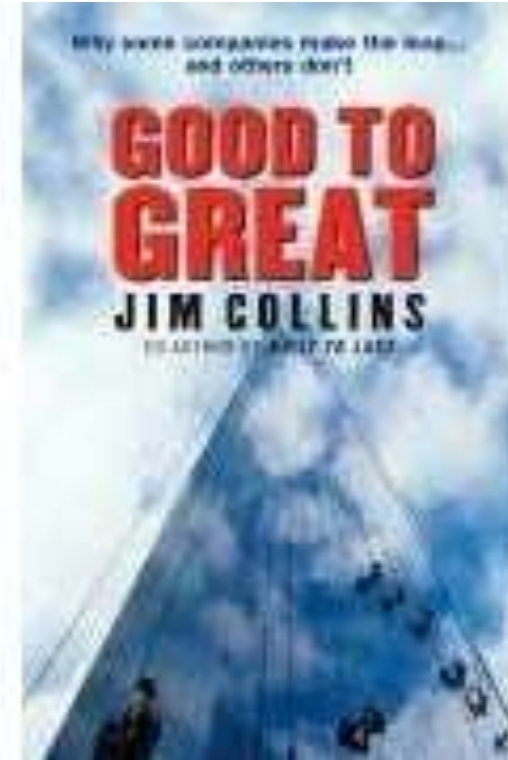
Actual psychological concepts explained - Getting to Yes is a summary of findings, and it never explains why certain things work. Without a deep understanding, it is not clear when the concepts work and when they don't. Especially in Influence, you really get to understand how to persuade someone by remembering the core psych concepts.



## “Good to Great” by Jim Collins

Five years ago, Jim Collins asked the question, "Can a good company become a great company and if so, how?" In Good to Great Collins, the author of Built to Last, concludes that it is possible, but finds there are no silver bullets. Collins and his team of researchers began their quest by sorting through a list of 1,435 companies, looking for those that made substantial improvements in their performance over time. They finally settled on 11--including Fannie Mae, Gillette, Walgreens, and Wells Fargo--and discovered common traits that challenged many of the conventional notions of corporate success. Making the transition from good to great doesn't require a high-profile CEO, the latest technology, innovative change management, or even a fine-tuned business strategy. At the heart of those rare

and truly great companies was a corporate culture that rigorously found and promoted disciplined people to think and act in a disciplined manner. Peppared with dozens of stories and examples from the great and not so great, the book offers a well-reasoned road map to excellence that any organization would do well to consider. Like Built to Last, Good to Great is one of those books that managers and CEOs will be reading and rereading for years to come. --Harry C. Edwards

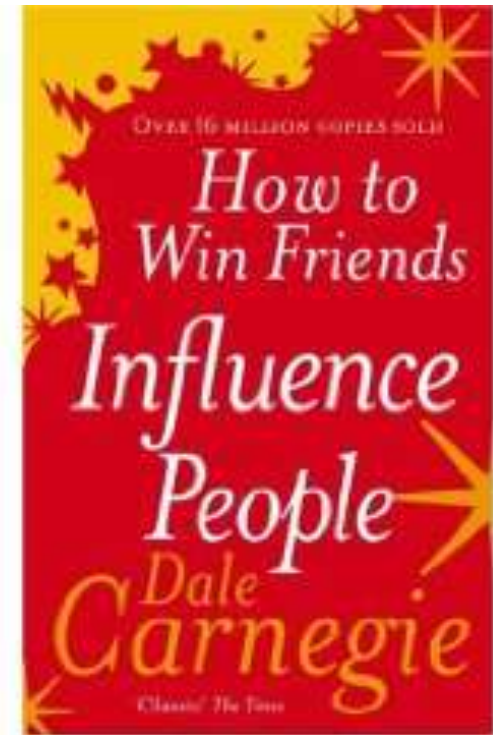


## "How to Win Friends and Influence People" by Dale Carnegie

Under the subheading "15,000,000 people can't be wrong," I proudly present one of the all-time business book classics. You've probably heard about this book, as it's one of those titles that have become part of the cultural lexicon (like CATCH-22). It floats around the edges of the pop-culture ether, easily recalled but little read.

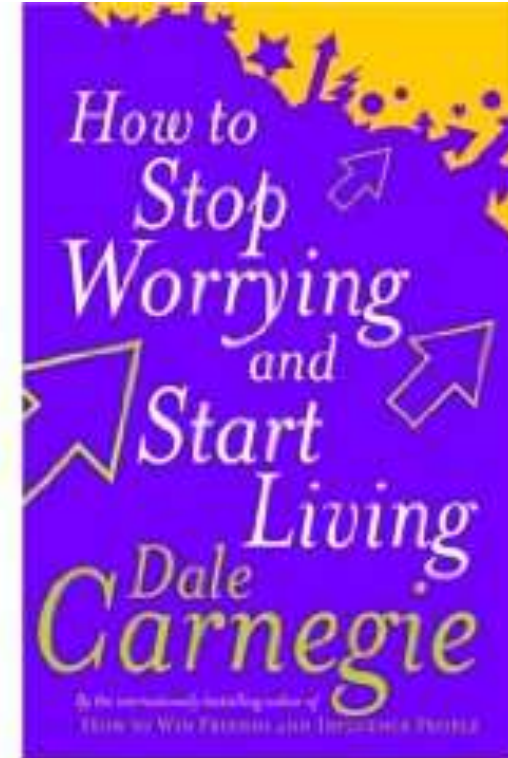
Written in 1936, it is based on courses in public speaking that had been taught in adult education courses by Dale Carnegie since 1912. It is an unusual little book, written in a highly personalized, colloquial style that is reminiscent of a lecture.

This book was designed with professionals in mind, and designed to help professional people do better in business by helping them make social contacts and improve their speaking skills. It was also written with a certain earnestness in mind. Carnegie was a big believer in sincerity when it came to dealing with other people.



## "How to Stop Worrying and Start Living" by Dale Carnegie

"Those who don't know how to fight worry, die young." This ominous advice begins Dale Carnegie's bestseller, *How to Stop Worrying and Start Living*, an eight-part treatise on the follies of worrying. Like other Carnegie books, this one is packed with good old-fashioned common sense, illustrated with examples drawn from research on historical figures and interviews with business leaders. Somehow, even the most simple advice--such as Carnegie's four-step method of problem solving--is presented in a way that makes you want to write it down and post it on the employee bulletin board.

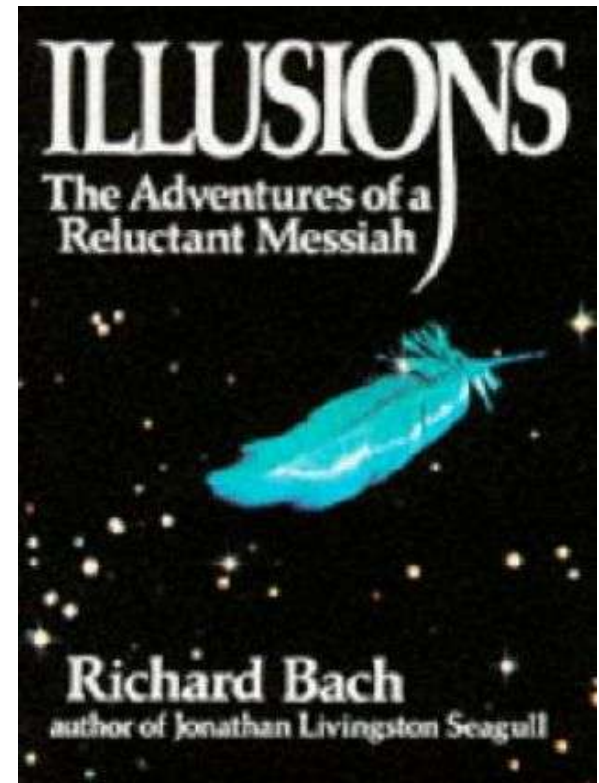


## "Illusions" by Richard Bach

Richard Bach's "Illusions" is a little book telling a story of two biplane pilots of whom one was Messiah and the other - his student willing to become Messiah.

In a form of the "Messiah Handbook" and continuous dialogues between the two as well as the situations happening in the book, Richard Bach delivers us the life-changing information and the greatest wisdom of life where every person is responsible for the life he has and has power to change it if he wants, also that the material life is illusion and that the spiritual life where no space or time exist is what is real.

I've read this book several times but each time I read it, I see and understand it differently. However it is always highly inspiring, awakening, positive, thought provoking and by all means brilliant!!! I love this book. It's a bit like Antoine de Saint-Exupery's "The Little Prince" or Paulo Coelho's "Alchemist" which are all masterpieces of all times. (Amazon reader)



## "I'm OK, You're OK" by Thomas Harris

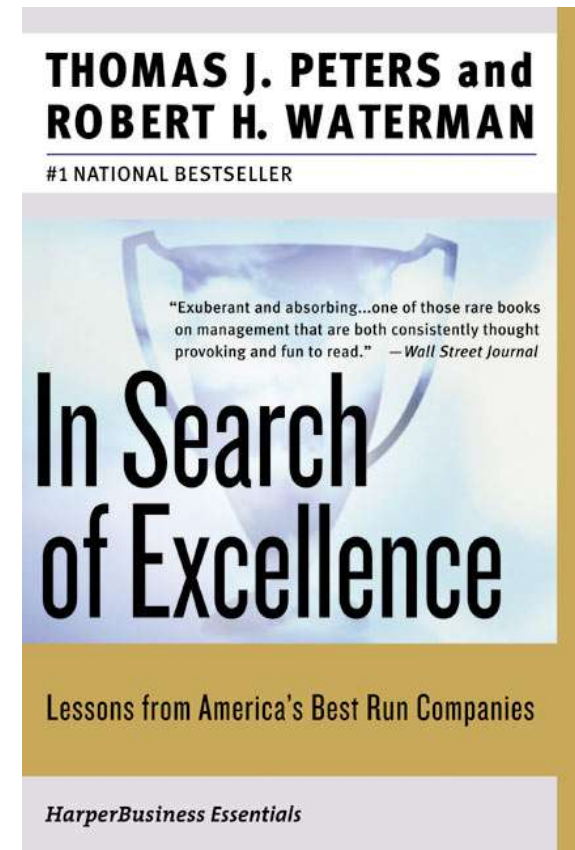
If you ever feel insecure and worry what others think about you then this is the book for you. Harris explains in simple terms the breakdown of the personality and enables you to understand what makes people the way they are. It would be a shame if people went through life never having had the fortune to comprehend the details in this book. The PAC model is simple and it works. (Amazon review)



## "In Search of Excellence" by Tom Peters and Robert Waterman

This publication is a survey written by a couple of McKinsey consultants that seek to define the characteristics of successful, I mean excellent, organizations using the McKinsey 7-S framework; Structure, Systems, Style, Staff, Skills, Strategy, and Shared Values.

Their findings suggest that eight attributes are common for an excellent organization; bias for action, close to the customer, autonomy and entrepreneurship, productivity through people, hands on, value driven, stick to the knitting (=focus on what you do best), simple form lean staff, and simultaneous loose-tight properties (balance between centralized/decentralized organization).



## "Jonathan Livingston Seagull" by Richard Bach

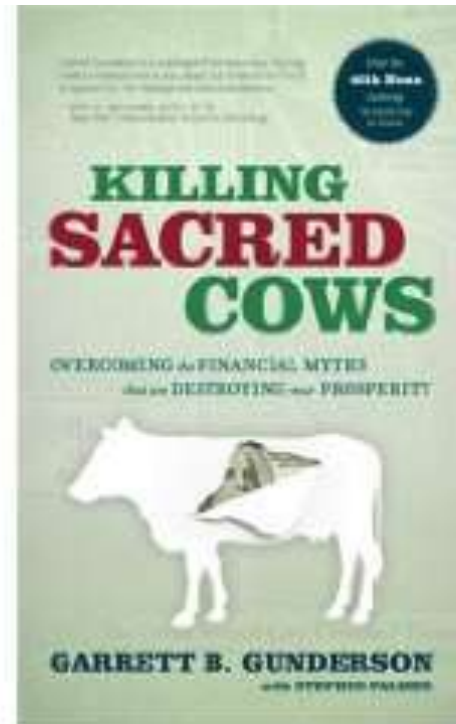
"Most gulls don't bother to learn more than the simplest facts of flight--how to get from shore to food and back again," writes author Richard Bach, in this allegory about a unique bird named Jonathan Livingston Seagull. "For most gulls it is not flying that matters, but eating. For this gull, though, it was not eating that mattered, but flight." Flight is indeed the metaphor that makes the story soar. Ultimately this is a fable about the importance of seeking a higher purpose in life, even if your flock, tribe or neighbourhood finds your ambition threatening. (At one point our beloved gull is even banished from his flock.) By not compromising his higher vision, Jonathan gets the ultimate pay-off: transcendence. Ultimately, he learns the meaning of love and kindness. The dreamy seagull photographs by Russell Munson provide just the right illustrations--although the overall packaging does seem a bit dated (keep in mind that it was first published in 1970). Nonetheless, this is a spirituality classic and an especially engaging parable for adolescents. --*Gail Hudson*





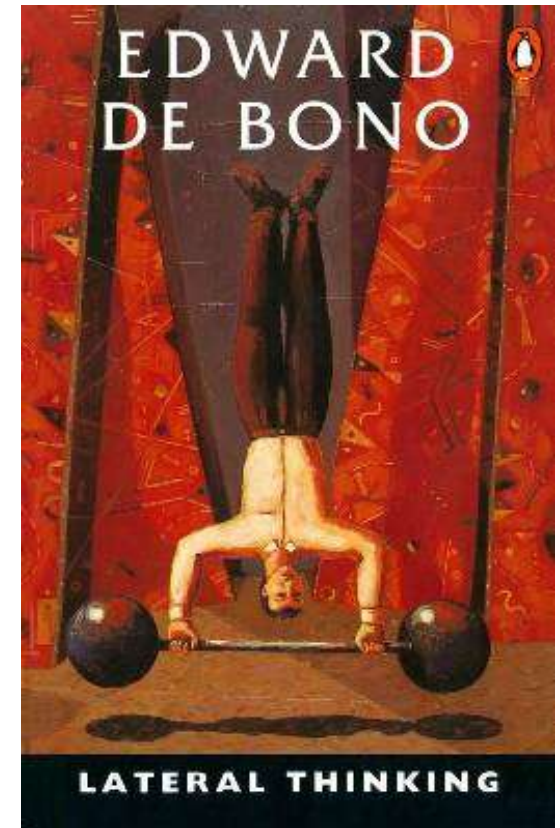
## "Killing Sacred Cows" by Garrett Gunderson

In this thought-provoking work, entrepreneur and inspirational speaker Gunderson takes aim at the social brainwashing and financial planners and institutions that are constricting Americans' financial freedom and undermining their abilities to prosper with misguided and dangerous advice. The author debunks various investment myths—offering a fresh look at 401(k) fallacies—and false beliefs (high risk = high returns). In a book studded with anecdotes and historical tidbits, Gunderson excels in his description of the prevalent psychological beliefs that hinder success: the scarcity mindset in which financial success is understood as a zero-sum game; the American equation of happiness with prosperity; and the misconception that money holds power. In appeals more befitting a self-help guide than financial primer, the author argues that individuals need to embrace a mindset of self-reliance and identify their Soul Purpose. In the vein of *The Secret* and the classic *Think and Grow Rich*, Gunderson suggests that prosperity is a state of mind from which value and wealth flow. Readers will find his assault on traditional financial nostrums fresh, eye-opening and emboldening.



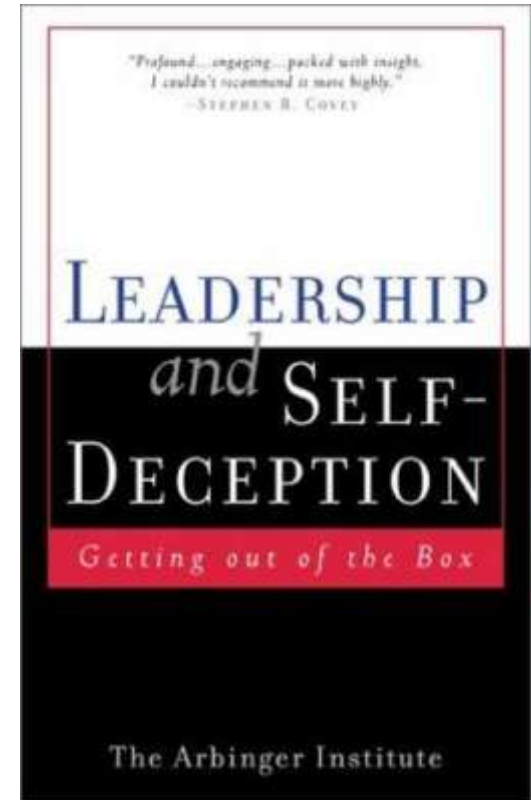
## "Lateral Thinking" by Edward de Bono

This book, which is now internationally known and a bestseller, is a textbook of creativity. It shows how the habit of lateral thinking can be encouraged and new ideas generated. The author has worked out special techniques for doing this, in groups or alone, and the result is a triumph of entertaining education.



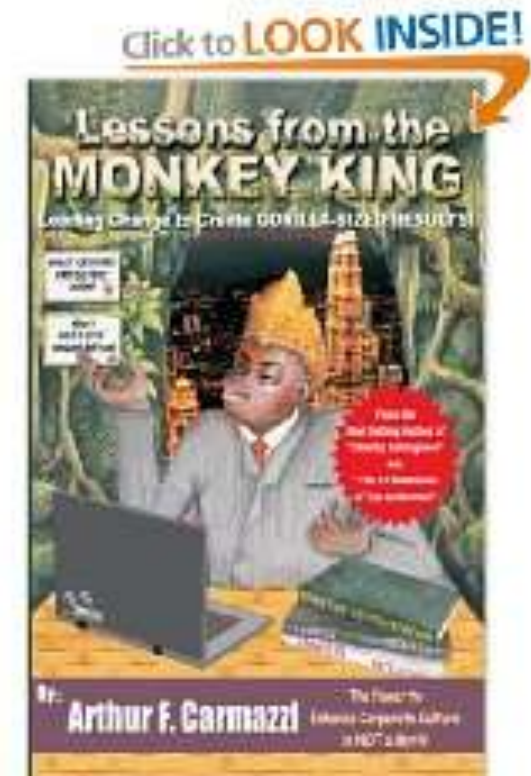
## "Leadership and Self-Deception" by The Arbinger Institute

Using the story/parable format so popular these days, Leadership and Self-Deception takes a novel psychological approach to leadership. It's not what you do that matters, say the authors (presumably plural--the book is credited to the esteemed Arbinger Institute), but why you do it. Latching onto the latest leadership trend won't make people follow you if your motives are selfish--people can smell a rat, even one that says it's trying to empower them. The tricky thing is, we don't know that our motivation is flawed. We deceive ourselves in subtle ways into thinking that we're doing the right thing for the right reason. We really do know what the right thing to do is, but this constant self-justification becomes such an ingrained habit that it's hard to break free of it--it's as though we're trapped in a box, the authors say.



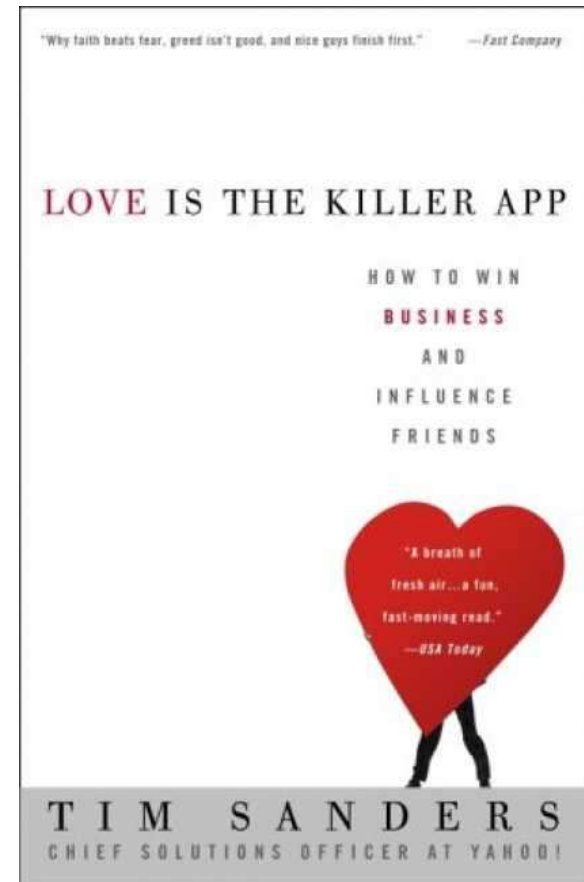
## "Lessons from the Monkey King" by Arthur F Carmazzi

This fantastic journey deals with the very real dynamics of how an organizational culture affects an individual and their personal effectiveness. Transform your corporate culture with Directive Communication Psychology and have fun in the process. This "HOW TO" journey empowers you to access the resources you need to make a BIG difference in the way people act and treat each other at work. Armed with psychology and force multiplication strategies you will learn in this book, you can lead the change no matter what position you have in your organization; one individual can make a difference. Prepare to be inspired on this fun and magical journey toward an effective and fulfilling work environment with Arthur F Carmazzi and become an organizational Monkey King.



## "Love Is the Killer App" by Tim Sanders

Is love really all you need? Tim Sanders, director of Yahoo's in-house think tank, believes love is the crucial element in the search for personal and professional success. In *Love Is the Killer App* he explains why. Sanders' advice is to be a "lovecat," which despite the cutesy moniker is his sincere and surprisingly practical prescription for advancement both inside and outside the office. It starts with amassing as much usable knowledge as possible, which he explains can be done by religiously carving out time to read and then poring through as many cutting-edge books in your field as possible. It follows with an emphasis on networking to the extreme. Sanders offers concrete suggestions, from compiling a super list of contacts to ensuring all are regularly stored in an always-accessible format. And he concludes by advocating a true mindset of compassion, which he says involves sharing this knowledge with those contacts and ultimately helping anyone who in one way or another may ultimately help you. Through identifiable anecdotes and specific recommendations, the book promotes an undeniably feasible yet decidedly offbeat program that has worked for the author and could prove equally favorable for others who apply it.

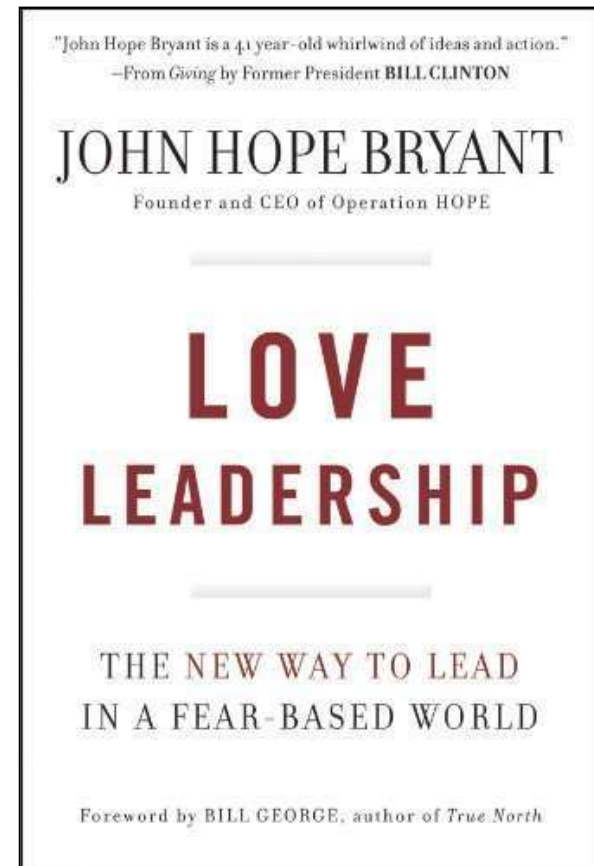


## "Love Leadership" by John Bryant

As a student of leadership and a voracious reader of more than 100 books on the subject, I would like to compliment John Hope Bryant on writing a book that I believe ranks among the best that I have read. Love Leadership is an outstanding inaugural writing effort from an exciting new author.

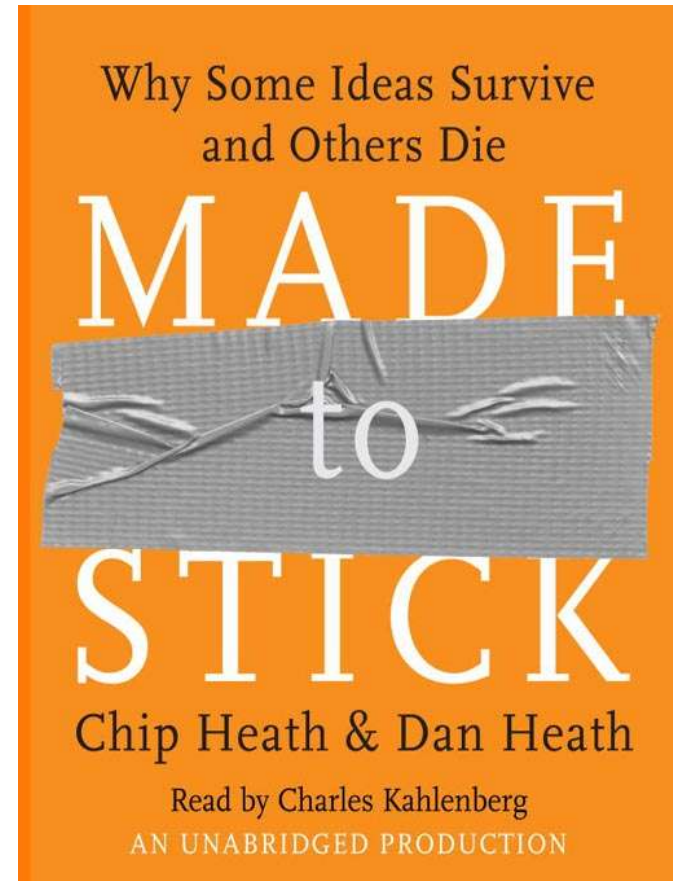
This book is an easy read, but it' points of emphasis are anything but leadership lite. This is heavyweight, substantive, material. The concepts of Love Leadership apply to everyone who leads and since leadership is everyone's business - this book is suitable for everyone and applies to everyone.

My particular favorite among John's leadership principles states "No storm...no rainbow." You can't have one without the other. I used that concept personally this evening when coaching a young man who was experiencing some personal struggles. This individual needed leadership, but he also needed love. John's foundational beliefs enable the reader to easily and seamlessly apply both effectively.



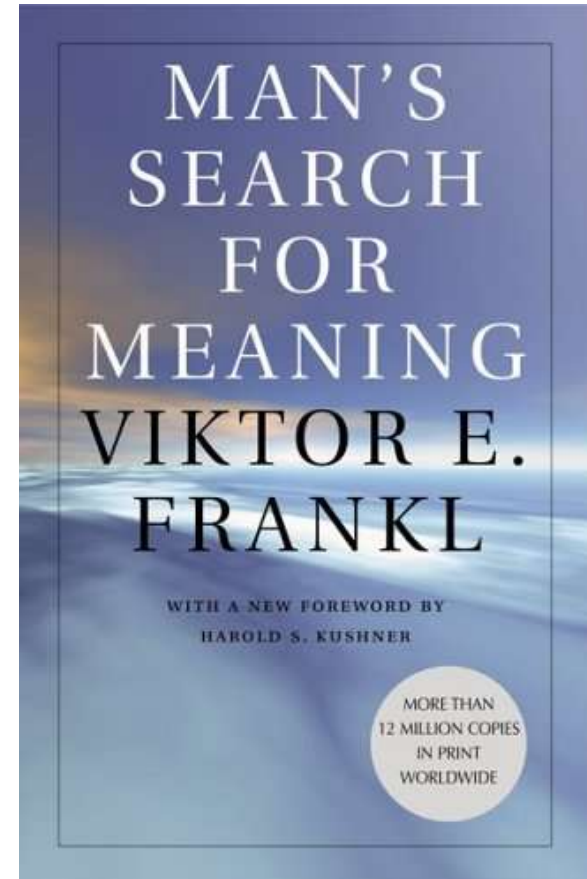
## "Made to Stick" by Chip and Dan Heath

Unabashedly inspired by Malcolm Gladwell's bestselling *The Tipping Point*, the brothers Heath—Chip a professor at Stanford's business school, Dan a teacher and textbook publisher—offer an entertaining, practical guide to effective communication. Drawing extensively on psychosocial studies on memory, emotion and motivation, their study is couched in terms of "stickiness"—that is, the art of making ideas unforgettable. They start by relating the gruesome urban legend about a man who succumbs to a barroom flirtation only to wake up in a tub of ice, victim of an organ-harvesting ring. What makes such stories memorable and ensures their spread around the globe? The authors credit six key principles: simplicity, unexpectedness, concreteness, credibility, emotions and stories. (The initial letters spell out "success"—well, almost.) They illustrate these principles with a host of stories, some familiar and others very funny. Throughout the book, sidebars show how bland messages can be made intriguing. Fun to read and solidly researched, this book deserves a wide readership.



## "Man's Search for Meaning" by Viktor Frankl

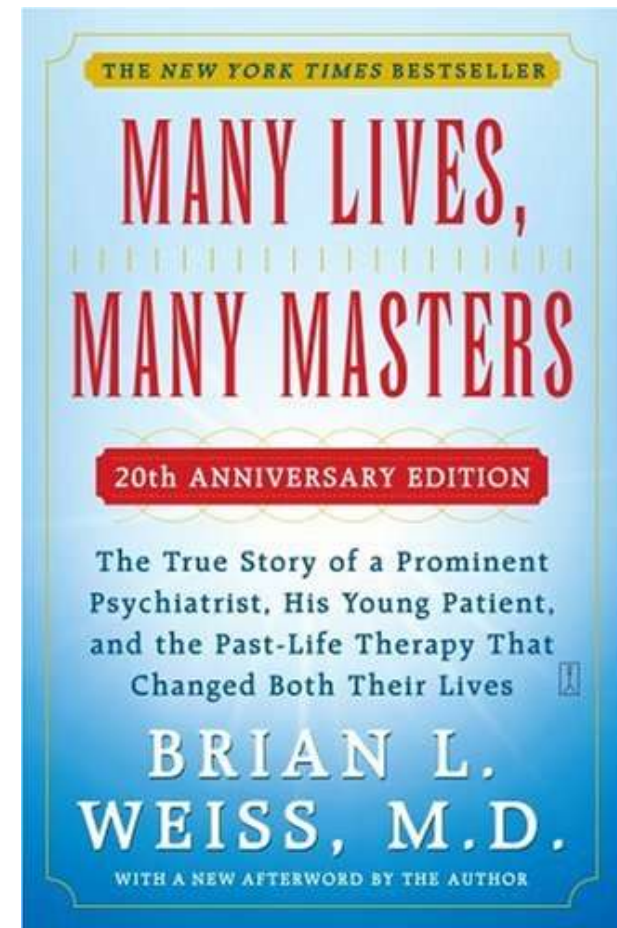
Man's Search for Meaning by Viktor E. Frankl is among the most influential works of psychiatric literature since Freud. The book begins with a lengthy, austere, and deeply moving personal essay about Frankl's imprisonment in Auschwitz and other concentration camps for five years, and his struggle during this time to find reasons to live. The second part of the book, called "Logotherapy in a Nutshell," describes the psychotherapeutic method that Frankl pioneered as a result of his experiences in the concentration camps. Freud believed that sexual instincts and urges were the driving force of humanity's life; Frankl, by contrast, believes that man's deepest desire is to search for meaning and purpose. Frankl's logotherapy, therefore, is much more compatible with Western religions than Freudian psychotherapy. This is a fascinating, sophisticated, and very human book. At times, Frankl's personal and professional discourses merge into a style of tremendous power. "Our generation is realistic, for we have come to know man as he really is," Frankl writes. "After all, man is that being who invented the gas chambers of Auschwitz; however, he is also that being who entered those gas chambers upright, with the Lord's Prayer or the Shema Yisrael on his lips."





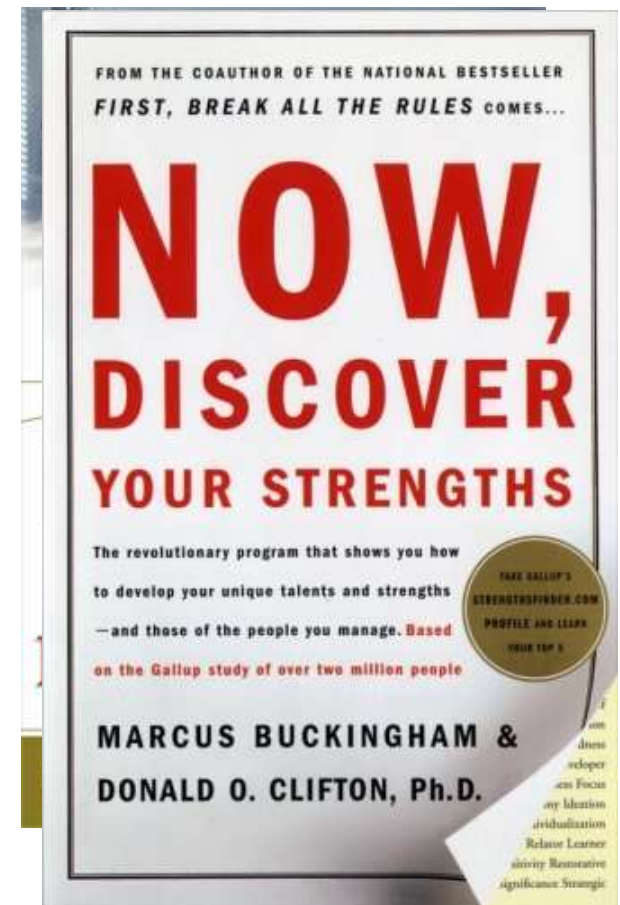
## "Many Lives, Many Masters" by Brian Weiss

Psychiatrist Dr Brian Weiss had been working with Catherine, a young patient, for eighteen months. Catherine was suffering from recurring nightmares and chronic anxiety attacks. When his traditional methods of therapy failed, Dr Weiss turned to hypnosis and was astonished and sceptical when Catherine began recalling past-life traumas which seemed to hold the key to her problems. Dr Weiss's scepticism was eroded when Catherine began to channel messages from 'the space between lives', which contained remarkable revelations about his own life. Acting as a channel for information from highly evolved spirit entities called the Masters, Catherine revealed many secrets of life and death. This fascinating case dramatically altered the lives of Catherine and Dr Weiss, and provides important information on the mysteries of the mind, the continuation of life after death and the influence of our past-life experiences on our present behaviour.



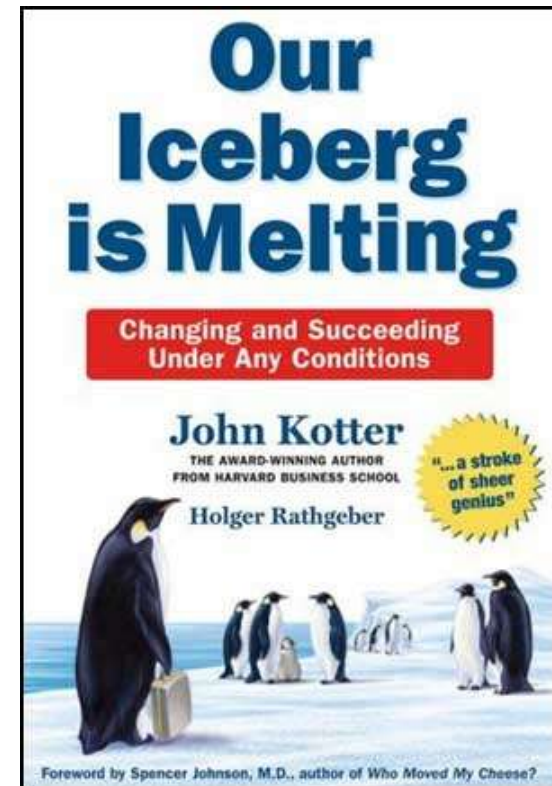
## "Now Discover Your Strengths" by Marcus Buckingham and Donald O Clifton

This book represents three very ambitious efforts. One, it argues for a new management paradigm that builds from the psychological make-up of each person in the workplace to create the most effective combination of people and tasks. Two, the book presents a new psychological mapping scheme to capture those areas where a person will display "consistent near perfect performance in an activity." Three, the book connects you to a self-diagnosis tool that you can use on-line to see yourself in the perspective of the new mapping scheme. Most books would settle for pursuing just one these goals. My hat is off to the authors for their ambition!



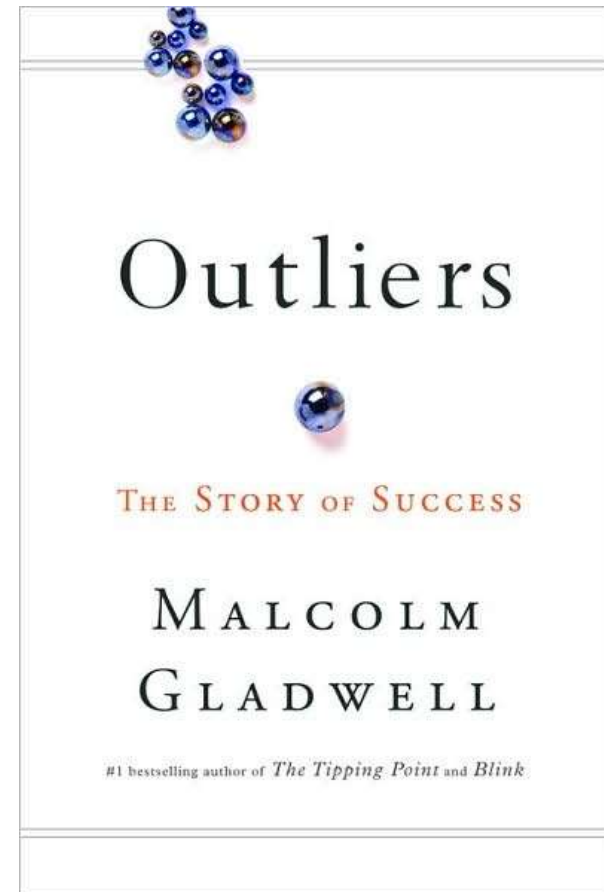
## "Our Iceberg is Melting" by John Kotter and Holger Rathgeber

This charming story about a penguin colony in Antarctica illustrates key truths about how deal with the issue of change: handle the challenge well and you can prosper greatly; handle it poorly and you put yourself at risk. The penguins are living happily on their iceberg as they have done for many years. Then one curious penguin discovers a potentially devastating problem threatening their home - and pretty much no one listens to him. The characters in this fable are like people we recognise, even ourselves. Their story is one of resistance to change and heroic action, confusion and insight, seemingly intractable obstacles and the most clever tactics for dealing with those obstacles. It is a story that is occurring in different forms around us today - but the penguins handle change a great deal better than most of us.



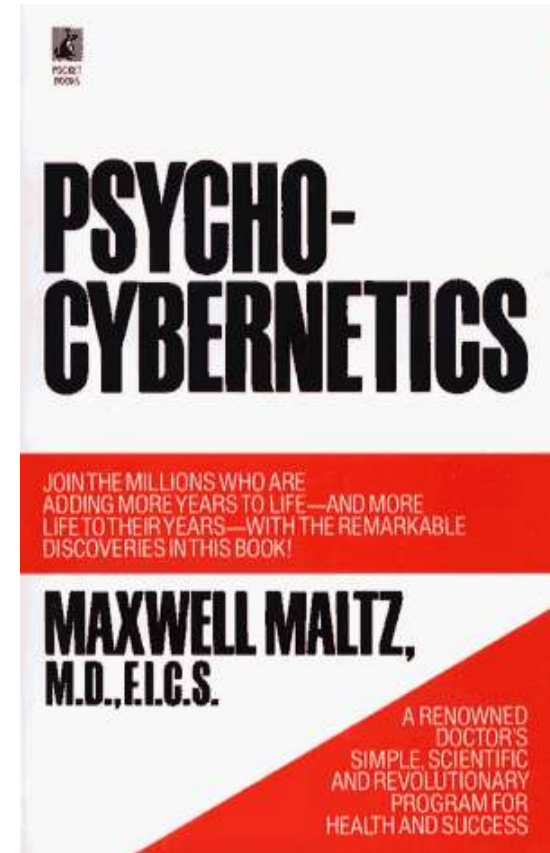
## "Outliers" by Malcolm Gladwell

Now that he's gotten us talking about the viral life of ideas and the power of gut reactions, Malcolm Gladwell poses a more provocative question in *Outliers*: why do some people succeed, living remarkably productive and impactful lives, while so many more never reach their potential? Challenging our cherished belief of the "self-made man," he makes the democratic assertion that superstars don't arise out of nowhere, propelled by genius and talent: "they are invariably the beneficiaries of hidden advantages and extraordinary opportunities and cultural legacies that allow them to learn and work hard and make sense of the world in ways others cannot." Examining the lives of outliers from Mozart to Bill Gates, he builds a convincing case for how successful people rise on a tide of advantages, "some deserved, some not, some earned, some just plain lucky."



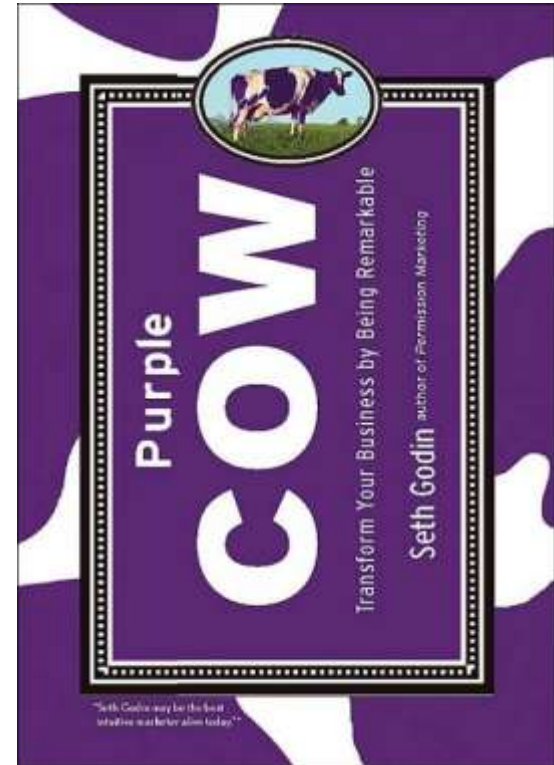
## "Psychocybernetics" by Maxwell Maltz

This book is profoundly good. Do not let the artificial sounding title put you off - it contains chapter after chapter of elegantly written guidance for living. It is evident in the writing that this is the result of not years but decades of observation by Maltz. The chapter on negative emotional habits is in itself worth the money. I bought the book to try to resolve 11 years of tension headaches. After reading the first chapter, I stopped reading in order to try out some ideas. The headaches are improving, but almost as importantly, I have learnt so much more about myself. Not speculative, extrapolated ideas of the author, but the result of close observations of patients who were counseled before cosmetic surgery. In many cases, the intended facial surgery was canceled, to be replaced by surgery of attitude. I cannot recommend it highly enough. (N. Moffat)



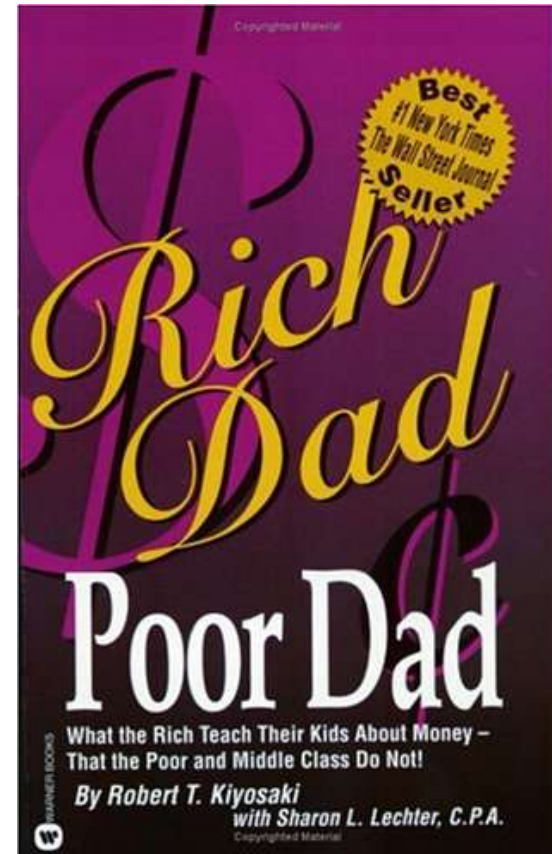
## "Purple Cow" by Seth Godin

The world is changing ever more rapidly, and the rules of marketing are no different, writes Godin, the field's reigning guru. The old ways-run-of-the-mill TV commercials, ads in the Wall Street Journal and so on-don't work like they used to, because such messages are so plentiful that consumers have tuned them out. This means you have to toss out everything you know and do something "remarkable" (the way a purple cow in a field of Guernseys would be remarkable) to have any effect at all, writes Godin (Permission Marketing; Unleashing the Ideavirus). He cites companies like HBO, Starbucks and JetBlue, all of which created new ways of doing old businesses and saw their brands sizzle as a result. Godin's style is punchy and irreverent, using short, sharp messages to drive his points home. As a result the book is fiery, but not entirely cohesive; at times it resembles a stream-of-consciousness monologue. Still, his wide-ranging advice-be outrageous, tell the truth, test the limits and never settle for just "very good"-is solid and timely. Copyright 2003 Reed Business Information, Inc.



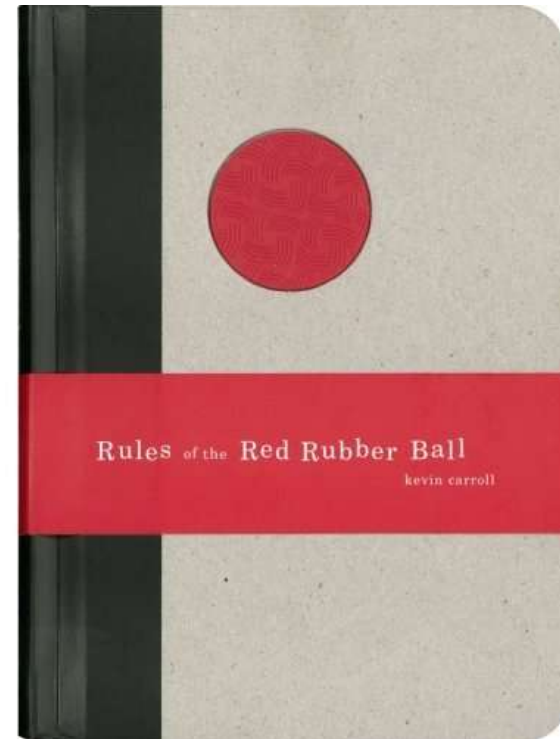
## "Rich Dad, Poor Dad" by Robert Kiyosaki and Sharon Lechter

Personal finance author and lecturer Robert Kiyosaki developed his unique economic perspective through exposure to a pair of disparate influences: his own highly educated, but fiscally unstable father, and the multimillionaire eighth-grade dropout father of his closest friend. The lifelong monetary problems experienced by his "poor dad" (whose weekly paychecks, while respectable, were never quite sufficient to meet family needs) pounded home the counterpoint communicated by his "rich dad" (that "the poor and the middle class work for money," but "the rich have money work for them"). Taking that message to heart, Kiyosaki was able to retire at 47. Rich Dad Poor Dad, written with consultant and CPA Sharon L. Lechter, lays out his the philosophy behind his relationship with money. Although Kiyosaki can take a frustratingly long time to make his points, his book is nonetheless a compelling advocate for the type of "financial literacy" that's never taught in schools. Based on the principle that income-generating assets always provide healthier bottom-line results than even the best of traditional jobs, it explains how the former might be acquired so that the latter eventually can be shed. --Howard Rothman



## "Rules of the Red Rubber Ball" by Kevin Carroll

With simple but delightful storytelling, Kevin Carroll channels his childhood passion for sport and play into a universally appealing blueprint for life. Drawing wisdom from the playgrounds of his youth, where he spent hour upon hour sharpening his body and his mind, Carroll shares with readers his Rules of the Red Rubber Ball - how to achieve maximum human potential through the power of passion and creativity. Finding your own -red rubber ball+ and chasing it to your heart's content, he argues, is the surest route to peace, prosperity, and happiness. Over the years as an athletic trainer and public speaker, Carroll has transformed his philosophy into seven simple rules that any successful leader will endorse: 1) Commit to it; 2) Seek out encouragers; 3) Work out your creative muscle; 4) Prepare to shine; 5) Speak up; 6) Expect the unexpected; 7) Maximize the day. With an award-winning design and color photos throughout, Rules of the Red Rubber Ball will inspire the child in everyone for generations to come.





## "Stumbling on Happiness" by Daniel Gilbert

Several years ago, on a flight from New York to California, I had the good fortune to sit next to a psychologist named Dan Gilbert. He had a shiny bald head, an irrepressible good humor, and we talked (or, more accurately, he talked) from at least the Hudson to the Rockies--and I was completely charmed. He had the wonderful quality many academics have--which is that he was interested in the kinds of questions that all of us care about but never have the time or opportunity to explore. He had also had a quality that is rare among academics. He had the ability to translate his work for people who were outside his world. Now Gilbert has written a book about his psychological research. It is called *Stumbling on Happiness*, and reading it reminded me of that plane ride long ago. It is a delight to read. Gilbert is charming and funny and has a rare gift for making very complicated ideas come alive. (Malcolm Gladwell)

# *Stumbling on* **HAPPINESS**

**"THINK YOU KNOW WHAT MAKES YOU HAPPY?"**

This absolutely fantastic book will shatter your most deeply held convictions about how the mind works."—STEVEN D. LEVITT, author of *FREAKONOMICS*



**DANIEL GILBERT**

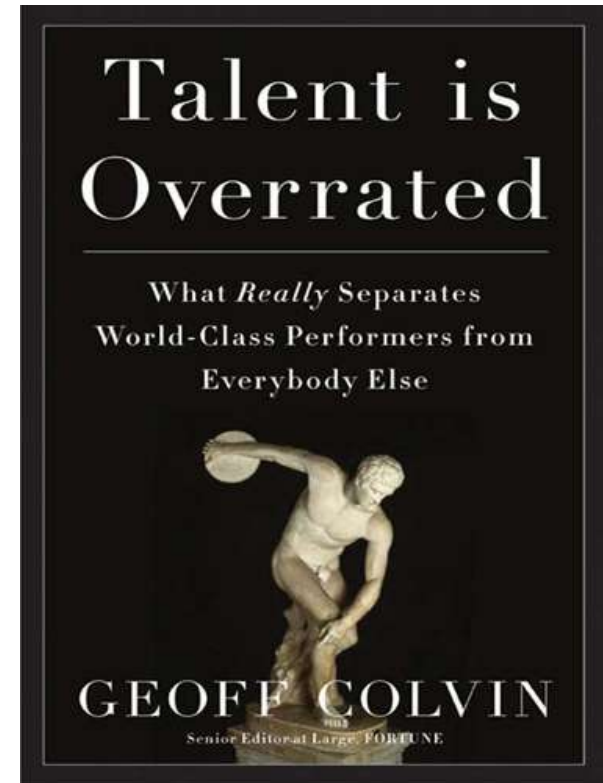
## "Talent Is Overrated" by Geoff Colvin

I inhaled this book. The informal plan was to read it over a few short weeks. Instead I plowed through it in maybe three days.

For those teetering on the edge of greatness -- or thinking about really going for the gusto, in whatever field or endeavor that has captured their spirit -- this book is an invitation to walk among the gods.

For those who have soured on their dreams and bitterly written them off, however, this book will be painful. It might even read like a damning indictment, and thus incite a hostile emotional response.

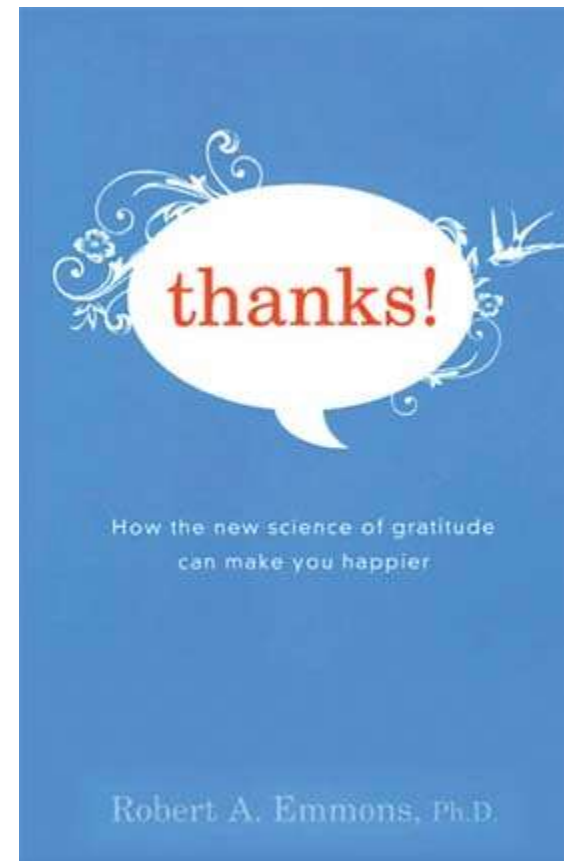
And finally, this book also has the potential to be terrifying. For those who feel the pull of greatness but also wrestle with a deep-seated fear of failure, the starkness of the choice will be revealed to them in these pages.



## "Thanks: the Science of Gratitude" by Robert Emmons

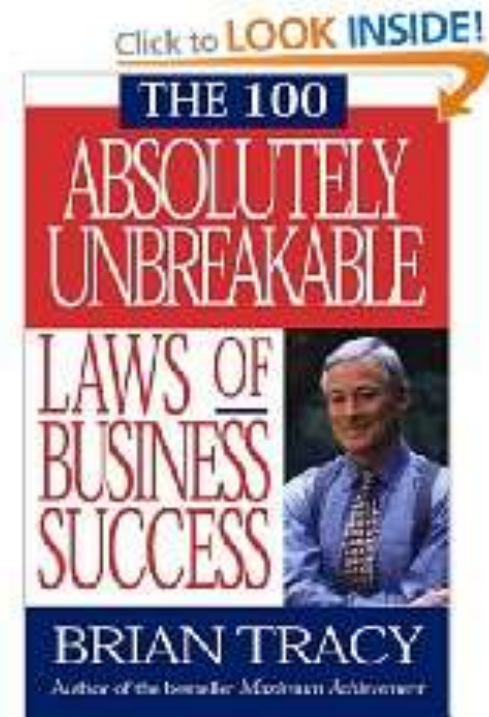
Happiness books written for the popular read seem to fall into one of two general categories. They're either based on scientific evidence and give you research-tested techniques (such as Finding Happiness in a Frustrating World), OR, they give you advice and things to think about to help you "reframe" your thinking (such as The Art of Happiness: A Handbook for Living). While I can't say that one is better than the other, as they both have their attributes, I will say that I personally prefer the research-based books the best- like this one.

In this book, positive psychology researcher Robert Emmons, who is very well published I might add, will tell you all about the emotional disposition of gratitude- and how cultivating it in your life will not only make you happier, but just plain healthier all the way around!



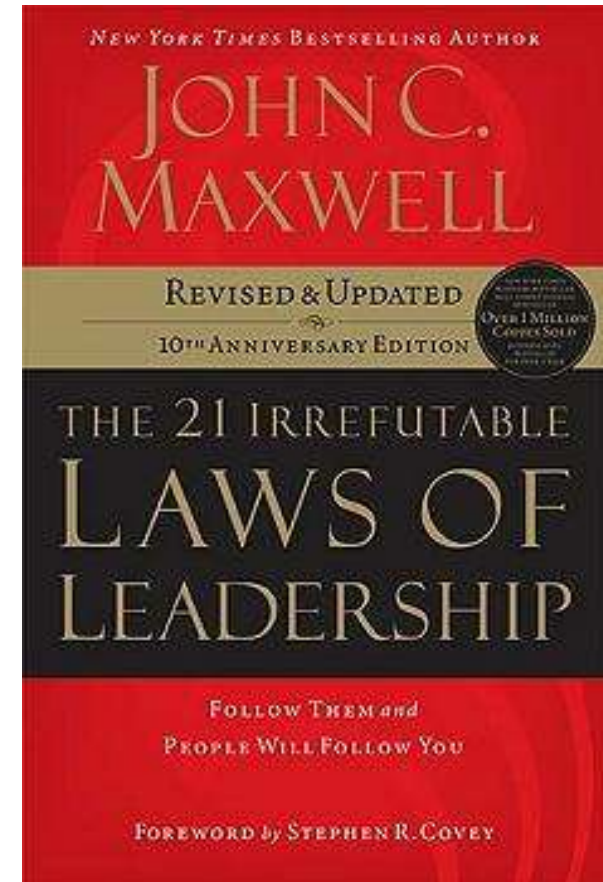
## "The 100 Absolutely Unbreakable Laws of Business Success" by Brian Tracy

The scrappy spirit of Horatio Alger is alive and well in success guru Brian Tracy. He may not be a household name yet like his colleagues Warren Bennis and Anthony Robbins, but (his publisher tells us) he still lectures hundreds of thousands annually on personal and professional development, including top cats at IBM and Arthur Andersen. This, his latest of some 10 books (including the "bestseller" *Maximum Achievement*), is exactly what its title suggests--100 maxims and MOs everyone must learn and live by to make it big, broken down into the laws of Life, Success, Business, Leadership, Money, Selling, Negotiating, and Time Management. Each law is followed up by anecdotes and quotes through history, plus bulleted points on "How You Can Apply This Law Immediately," which provide welcome structure and practicality.



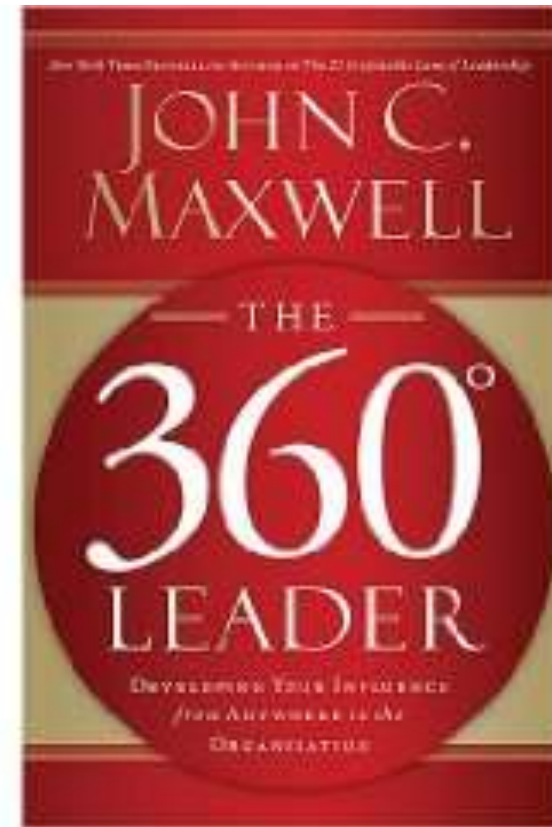
## "The 21 Irrefutable Laws of Leadership" by John Maxwell

Wow what a book. Ever wondered why some people can take groups to incredible heights and other seemingly as capable individuals can't? Ever thought how come a team performs completely differently when a new leader is installed? Most leadership books I have previously read dealt really with management. Maxwell has an absolute understanding of the qualities a leader must display. In the 21 Laws.... Maxwell breaks down leadership into 21 chapters each dealing with a specific 'Law of Leadership'. With insights into how famous leaders performed and with ideas on how to develop yourself as a leader. This book is a must for all budding and fully bloomed leaders alike. Anyone who can take a church congregation from hundreds to over 30,000, who can be instrumental in the success of companies such as Chick Fila must understand true leadership! John Maxwell understands leadership. If you want to understand leadership, if you want to be regarded as a leader, this book is a must. (Mark Holland)



## "The 360 Degree Leader" by John Maxwell

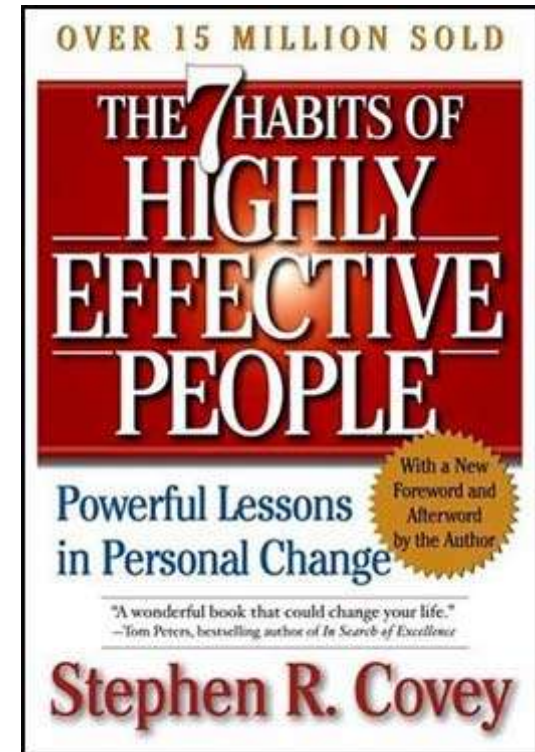
In his nearly thirty years of teaching leadership, John Maxwell has encountered this question again and again: How do I apply leadership principles if I'm not the boss? It's a valid question that Maxwell answers in *The 360 Degree Leader* voted best business book of the year by Soundview Executive Book Summary subscribers, and 2006 recipient of their Harold Longman Award. In this award-winning book, Maxwell asserts that you don't have to be the main leader to make significant impact in your organization. Good leaders are not only capable of leading their followers but are also adept at leading their superiors and their peers. Debunking myths and shedding light on the challenges, John Maxwell offers specific principles for Leading Down, Leading Up, and Leading Across. 360-Degree Leaders can lead effectively, regardless of their position in an organization. By applying Maxwell's principles, you will expand your influence and ultimately be a more valuable team member.



## "The 7 Habits of Highly Effective People" by Stephen R Covey

The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change was a groundbreaker when it was first published in 1990, and it continues to be a business bestseller with more than 10 million copies sold. Stephen Covey, an internationally respected leadership authority, realizes that true success encompasses a balance of personal and professional effectiveness, so this book is a manual for performing better in both arenas. His anecdotes are as frequently from family situations as from business challenges.

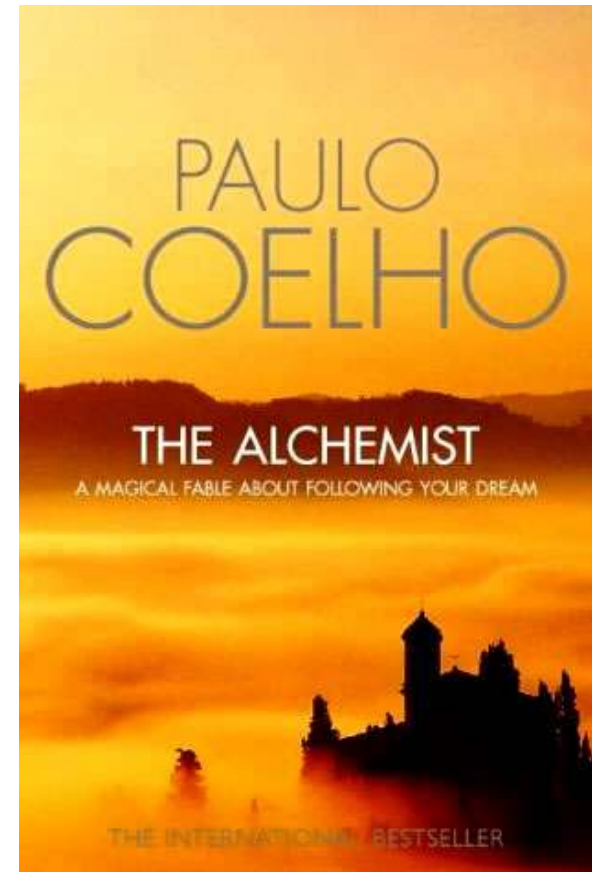
Before you can adopt the seven habits, you'll need to accomplish what Covey calls a "paradigm shift"--a change in perception and interpretation of how the world works. Covey takes you through this change, which affects how you perceive and act regarding productivity, time management, positive thinking, developing your "proactive muscles" (acting with initiative rather than reacting), and much more.



## "The Alchemist" by Paulo Coelho

Like the one-time bestseller Jonathan Livingston Seagull, *The Alchemist* presents a simple fable, based on simple truths and places it in a highly unique situation. And though we may sniff a bestselling formula, it is certainly not a new one: even the ancient tribal storytellers knew that this is the most successful method of entertaining an audience while slipping in a lesson or two. Brazilian storyteller Paulo Coelho introduces Santiago, an Andalusian shepherd boy who one night dreams of a distant treasure in the Egyptian pyramids. And so he's off: leaving Spain to literally follow his dream.

Along the way he meets many spiritual messengers, who come in unassuming forms such as a camel driver and a well-read Englishman. In one of the Englishman's books, Santiago first learns about the alchemists--men who believed that if a metal were heated for many years, it would free itself of all its individual properties, and what was left would be the "Soul of the World." Of course he does eventually meet an alchemist, and the ensuing student-teacher relationship clarifies much of the boy's misguided agenda, while also emboldening him to stay true to his dreams.



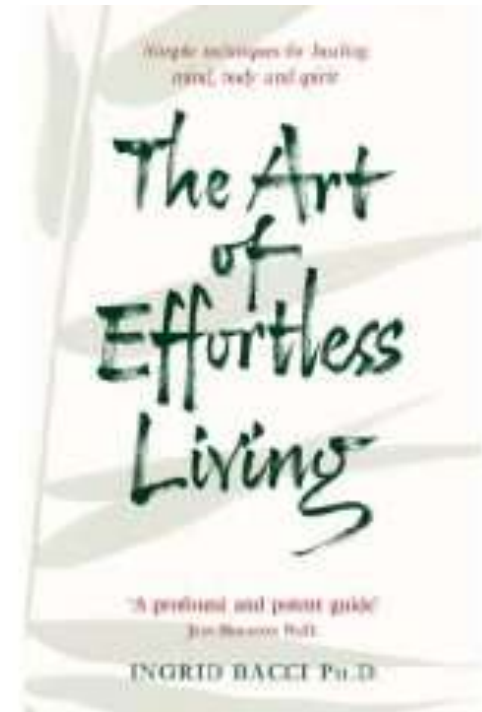


## "The Art of Effortless Living" by Ingrid Bacci

Most of us believe that in order to achieve anything worthwhile, whether in our careers, family life, health or even on the sports field, we have to work hard and apply a lot of effort. In fact, just the opposite is true. In *The Art of Effortless Living*, Dr Ingrid Bacci offers compelling evidence that the most productive, creative and healthiest individuals are those who practice effortless living. By doing less, paradoxical as it may seem, they achieve more.

Here you learn how to dissolve conscious and unconscious stress through simple techniques that replace effort with effortless. You will also discover a more rewarding lifestyle that leads to physical vitality, increased productivity, creative relationships and the freedom to express your best self.

'This book contains a piece of essential wisdom - that by letting go we gain more, not less. Because most of us are obsessed with the idea of making things happen, we seriously need the lessons of *The Art of Effortless Living*' Larry Dossey, M.D., author of *Recovering Your Soul*

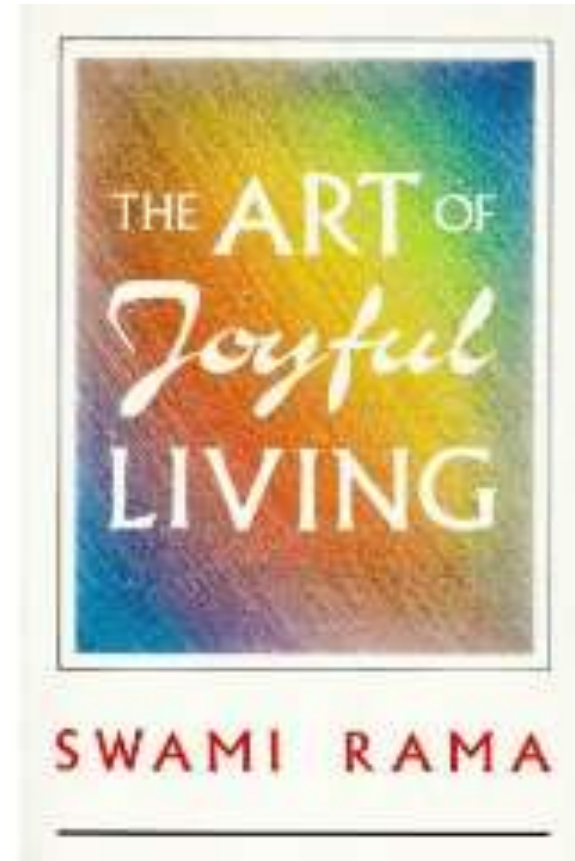


## "The Art of Joyful Living" by Swami Rama

In *The Art of Joyful Living* Swami Rama imparts a message of inspiration and optimism: that every human being is responsible for making his life happy and then for emanating that happiness to others. This book shows us how, with a clear conception of the philosophy and meaning of life, we can truly enjoy our lives.

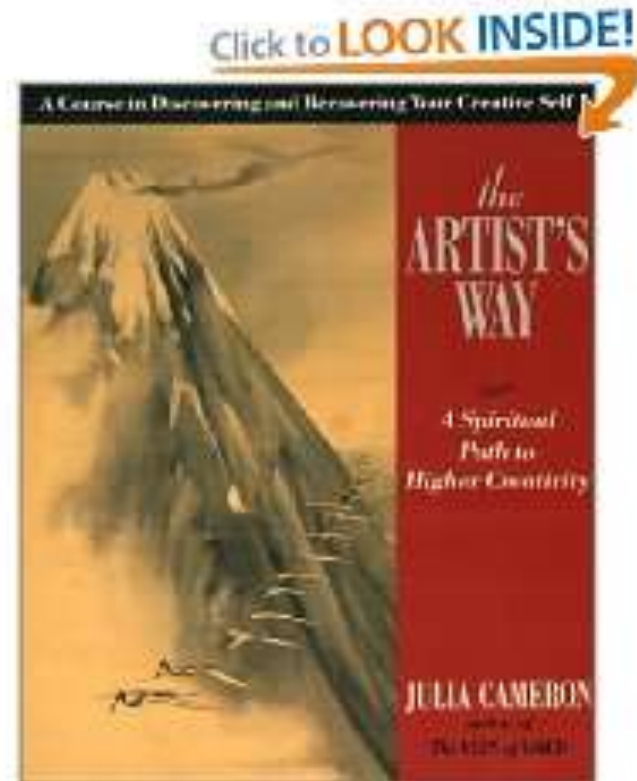
Contains sections on: The transformation of habit patterns; The nature of negative emotions; Transcending desires; Developing strength and willpower; Memory; Developing intuition; Spirituality in loving relationships; Learning to be your own therapist; Understanding the process of meditation. And more! (Amazon review)

"Your culture teaches you to smile at others, but such smiles are only momentary and do not reflect your real feelings. Actually, there should be a perennial and real smile on your face all the time. To achieve that, you should have a clear concept of the meaning in life, and the philosophy of life. Then, you will start to live on a deeper level, and will begin to enjoy your life." (Swami Rama)



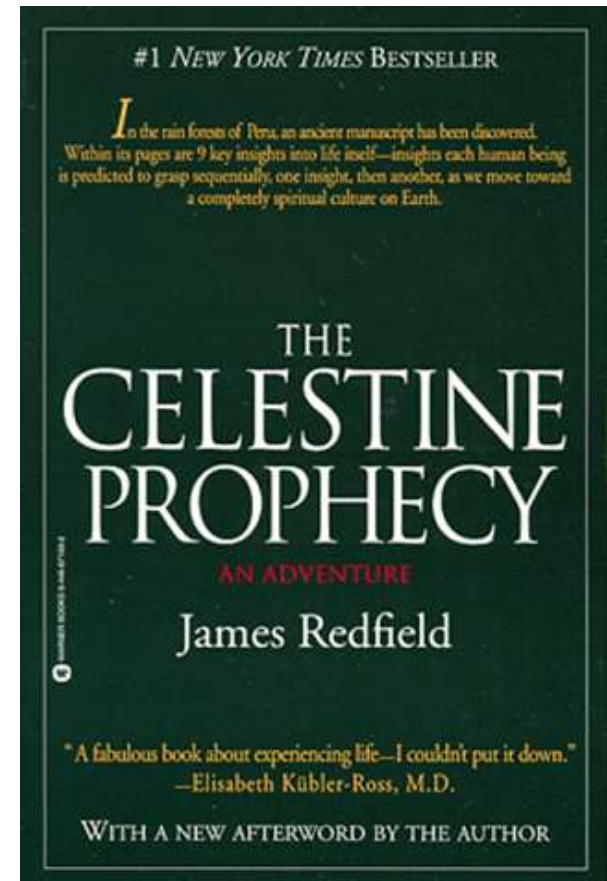
## “The Artist’s Way” by Julia Cameron

This book surprised even its publisher by becoming an enormous bestseller, but with hindsight it's not difficult to see why. How many of us have longed to be able to draw or paint, write or compose music? And how many of us have never got beyond the self-doubts, self-criticism and worries that ensure that this longing never becomes anything more than that? Cameron's extraordinary book provides a 12-week course which liberates the reader from the 'I'm not talented enough' conditioning which holds many people back. (Kirkus UK)



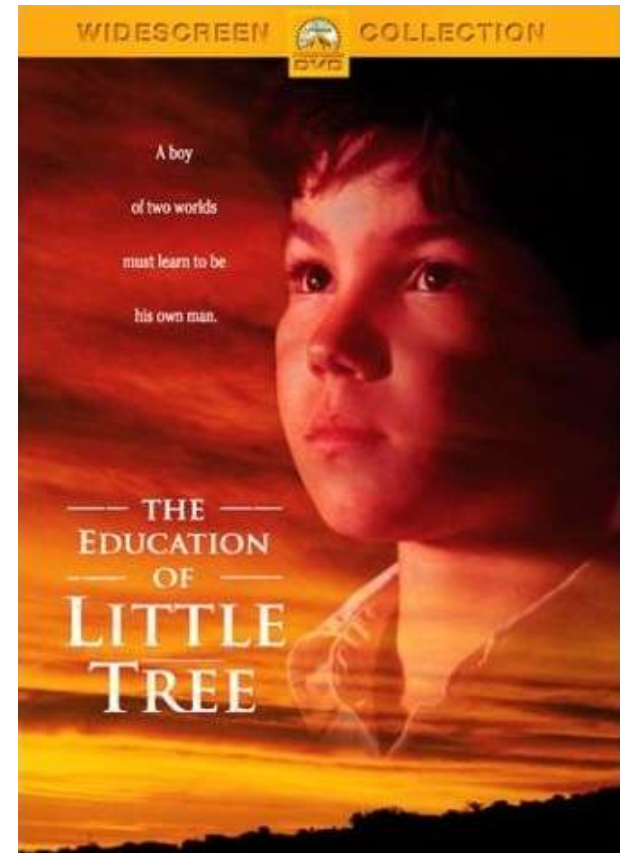
## "The Celestine Prophecy" by James Redfield

You have never read a book like this before. "The Celestine Prophecy" contains secrets that are currently changing our world. Drawing on the ancient wisdom found in a Peruvian manuscript, it tells you how to make connections between the events happening in your own life right now...and lets you see what is going to happen to you in the years to come. The story it tells is a gripping one of adventure and discovery, but it is also a guidebook that has the power to crystallize your perceptions of why you are where you are in life...and to direct your steps with a new energy and optimism as you head into tomorrow. It is a book that comes along just once in a lifetime to change lives forever.



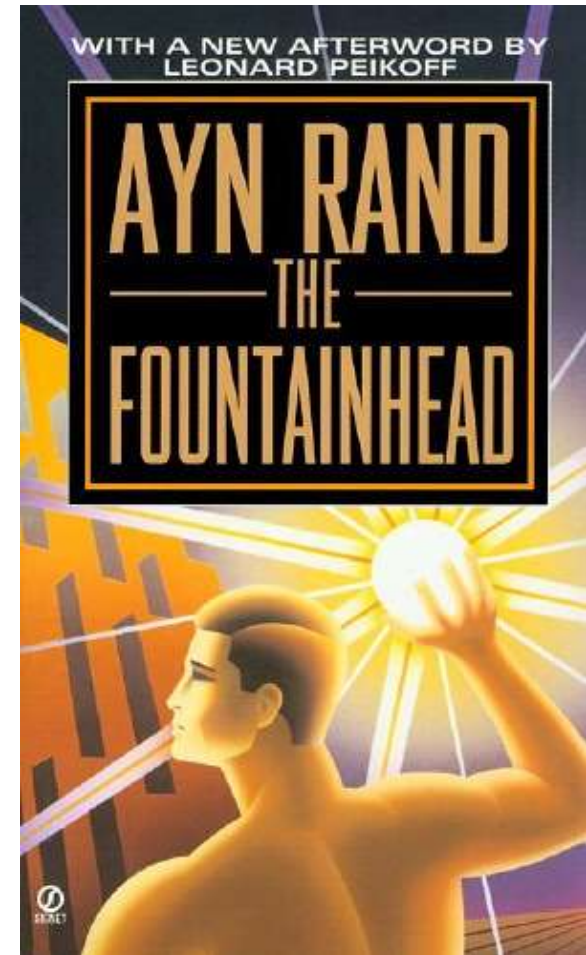
## "The Education of Little Tree" by Forrest Carter

This is the book you will buy again and again - as gifts for everyone you love who loves to read. Little Tree is an experience. The wisdom, beauty and dignity of the native Americans is conveyed directly to the heart in a story about a little boy who goes to live with his Cherokee grandparents. Inspiring and enlightening in the manner of Marlo Morgan's "Mutant Message", but also deeply moving, humbling and funny. I laughed, I cried... and so did all the friends I bought it for. Definitely in my top three!



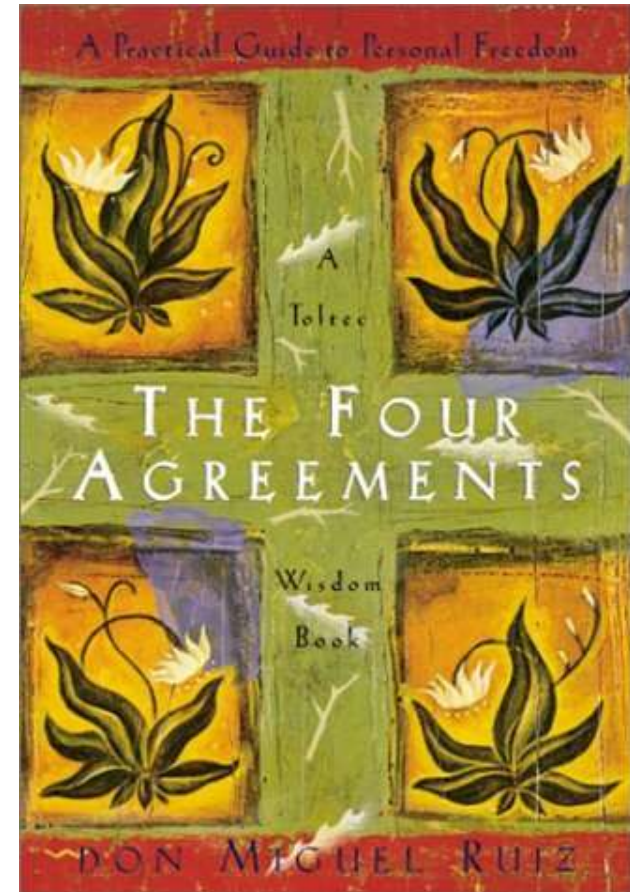
## "The Fountainhead" by Ayn Rand

The Fountainhead has become an enduring piece of literature, more popular now than when published in 1943. On the surface, it is a story of one man, Howard Roark, and his struggles as an architect in the face of a successful rival, Peter Keating, and a newspaper columnist, Ellsworth Toohey. But the book addresses a number of universal themes: the strength of the individual, the tug between good and evil, the threat of fascism. The confrontation of those themes, along with the amazing stroke of Rand's writing, combines to give this book its enduring influence.



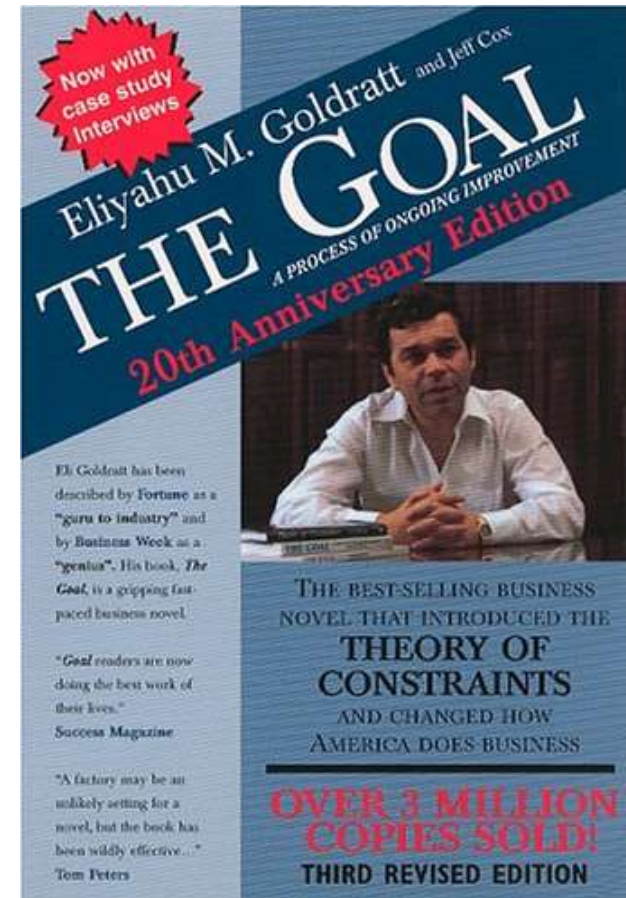
## "The Four Agreements" by Don Miguel Ruiz

Sit at the foot of a native elder and listen as great wisdom of days long past is passed down. In *The Four Agreements*, shamanic teacher and healer Don Miguel Ruiz exposes self-limiting beliefs and presents a simple yet effective code of personal conduct learned from his Toltec ancestors. Full of grace and simple truth, this handsomely designed book makes a lovely gift for anyone making an elementary change in life, and it reads in a voice that you would expect from an indigenous shaman. The four agreements are these: Be impeccable with your word. Don't take anything personally. Don't make assumptions. Always do your best. It's the how and why one should do these things that make *The Four Agreements* worth reading and remembering.



## “The Goal” by Eliyahu M Goldratt

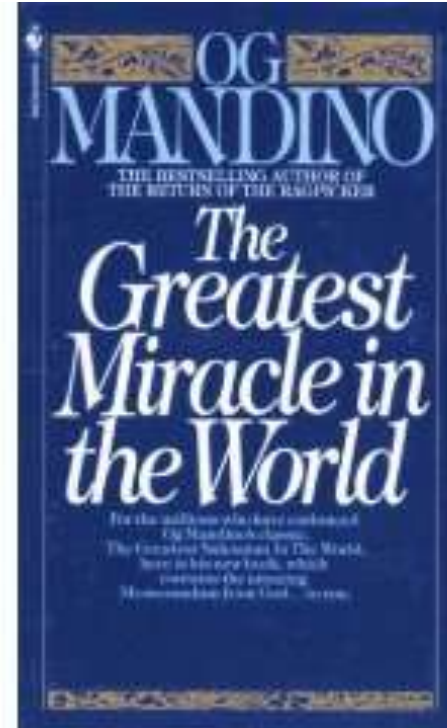
In this intriguing, readable business novel, which illustrates state-of-the-art economic theory, Alex Rogo is a UniCo plant manager whose factory and marriage are failing. To revitalize the plant, he follows piecemeal advice from an elusive former college professor who teaches, for example, that reduction in the efficiency of some plant operations may make the entire operation more productive. Alex's attempts to find the path to profitability and to engage his employees in the struggle involve the reader; and thankfully the authors' economic models, including a game with match sticks and bowls, are easy to understand. Although some characters are as anonymous as the goods manufactured in the factory, others ring true. In addition, the tender story of Alex and his wife's separation and reconciliation makes a touching contrast to the rest of the book. Recommended for anyone with an interest in the state of the American economy. Copyright 1986 Reed Business Information, Inc.





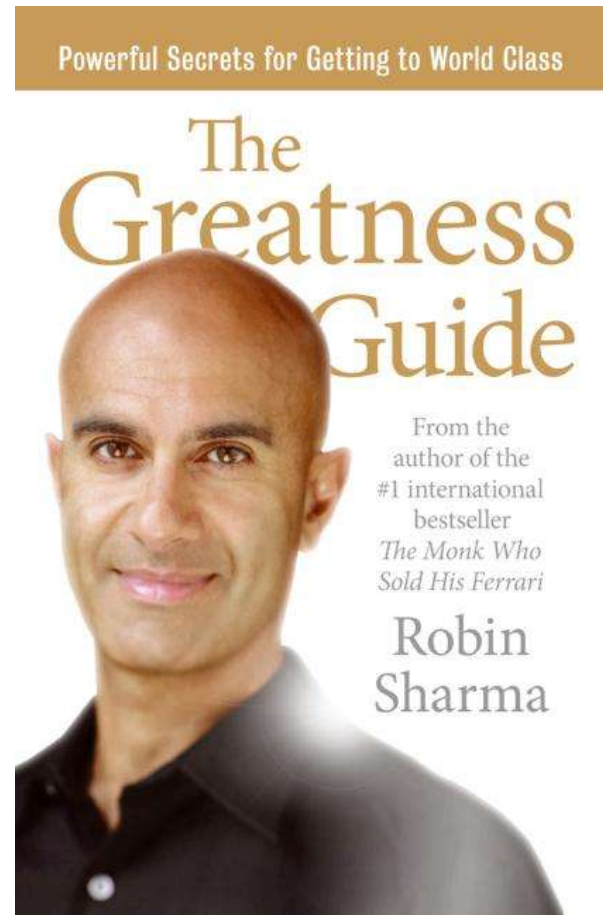
## "The Greatest Miracle in the World" by Og Mandino

Og Mandino achieved the pinnacle of his field, selling more inspirational books than any other writer in his time. Had he stopped with "The Greatest Salesman in the World," we would have all been short changed. His writing of the "Greatest Miracle in the World" surpassed all his other works in how it inspires people, but that alone wasn't enough for him to achieve.



## "The Greatness Guide" by Robin Sharma

Though Sharma rejects the guru label, it's hard not to think of the CEO of the training and coaching firm Sharma Leadership International that way after reading this slim volume of leadership and life advice. In two-page chapters with catchy titles and memorable anecdotes, this author of five bestsellers (*The Monk Who Sold His Ferrari*, etc.) dishes out wisdom for white-collar professionals on everything from goal setting and time management to figuring out your talents. In a chapter called "Harvey Keitel and Windows of Opportunity," he tells how he saw the *Reservoir Dogs* star and walked in the other direction—not toward him, as he has with most celebrities—and his regret over not seizing that opportunity. In "Your Schedule Doesn't Lie," Sharma highlights the need to schedule things you really want to do in your life. In "Sell Your Desk," he advocates getting out of the office to become a better performer in business. A keen observer of life and business, Sharma frames his wisdom in a friendly, accessible way that will appeal to readers at every level of their careers.

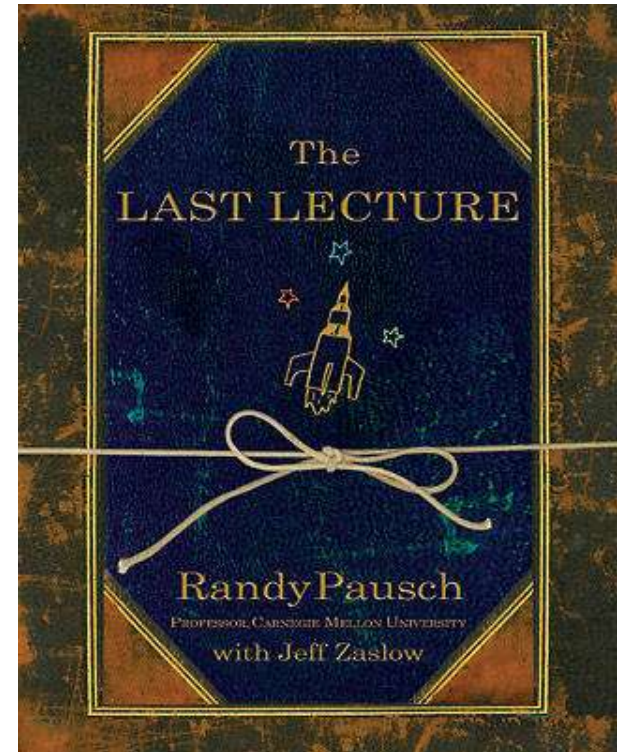


## "The Last Lecture" by Randy Pausch

A lot of professors give talks titled "The Last Lecture." Professors are asked to consider their demise and to ruminate on what matters most to them. And while they speak, audiences can't help but mull the same question: What wisdom would we impart to the world if we knew it was our last chance? If we had to vanish tomorrow, what would we want as our legacy?

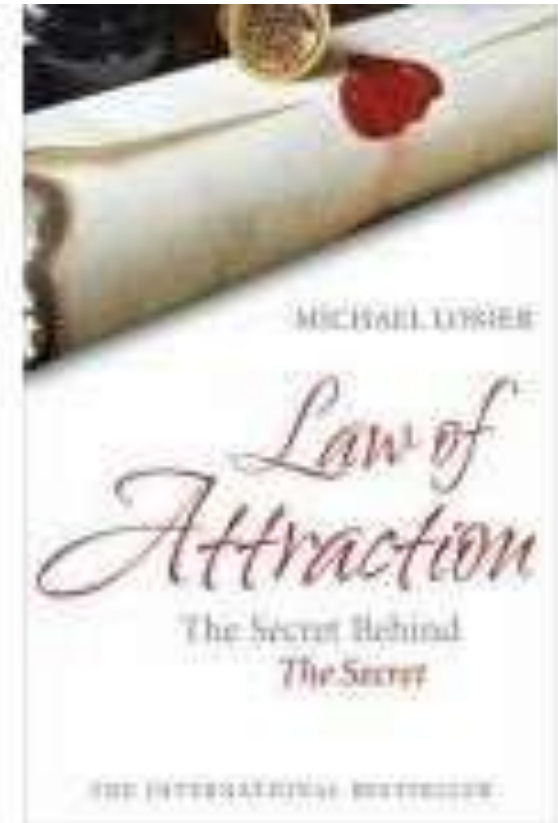
When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give such a lecture, he didn't have to imagine it as his last, since he had recently been diagnosed with terminal cancer. But the lecture he gave--"Really Achieving Your Childhood Dreams"--wasn't about dying. It was about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment (because "time is all you have...and you may find one day that you have less than you think"). It was a summation of everything Randy had come to believe. It was about living.

In this book, Randy Pausch has combined the humor, inspiration and intelligence that made his lecture such a phenomenon and given it an indelible form. It is a book that will be shared for generations to come.



## "The Law of Attraction" by Michael Losier

Have you noticed that sometimes what you need just falls into place or comes to you from an out-of-the-blue telephone call? Or you've bumped into someone on the street you've been thinking about? Perhaps you've met the perfect client or life partner, just by fate or being at the right place at the right time. All of these experiences are evidence of the Law of Attraction in your life. Have you heard about people who find themselves in bad relationships over and over again, and who are always complaining that they keep attracting the same kind of relationship? The Law of Attraction is at work for them too. The Law of Attraction may be defined as: "I attract to my life whatever I give my attention, energy and focus to, whether positive or negative." By reading this book you'll come to understand why and how this happens.



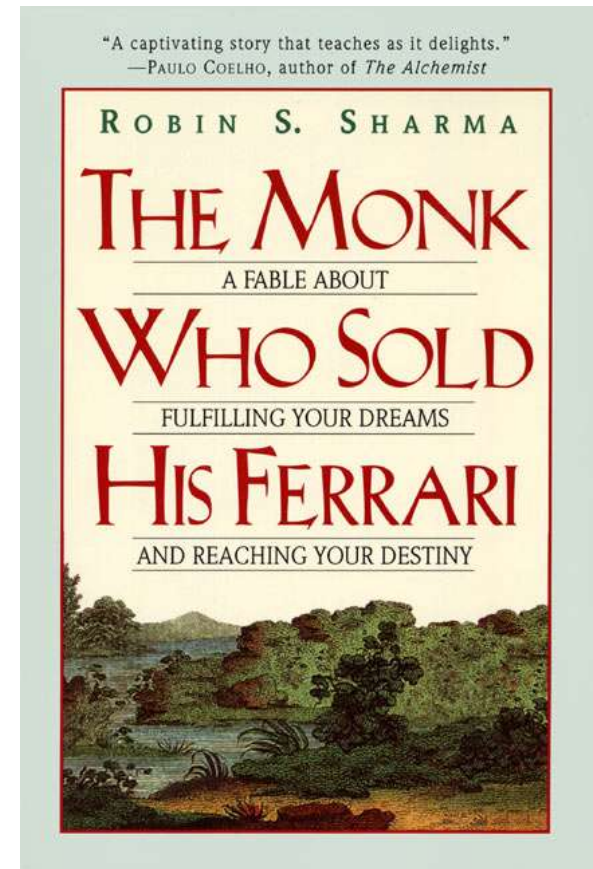
## "The Magic of Thinking Big" by David Schwartz

Millions of people throughout the world have improved their lives using "The Magic of Thinking Big". Dr David J. Schwartz, long regarded as one of the foremost experts on motivation, will help you sell better, manage better, earn more money, and - most important of all - find greater happiness and peace of mind. "The Magic Of Thinking Big" gives you useful methods, not empty promises. Dr Schwartz presents a carefully designed program for getting the most out of your job, your marriage and family life, and your community. He proves that you do not need to be an intellectual or have innate talent to attain great success and satisfaction - but you do need to learn and understand the habit of thinking and behaving in ways that will get you there. This book gives you those secrets!



## "The Monk Who Sold His Ferrari" by Robin Sharma

Everyone loves a good fable, and this is certainly one. The protagonist is Julian Mantle, a high-profile attorney with a whacked-out schedule and a shameful set of spiritual priorities. Of course it takes a crisis (heart attack) to give Mantle pause. And pause he does--suddenly selling all his beloved possessions to trek India in pursuit of a meaningful existence. The Himalayan gurus along the way give simple advice, such as, "What lies behind you and what lies before you is nothing compared to what lies within you." Yet it is easy to forgive the story's simplicity because each kernel of wisdom is framed to address the persistent angst of Western white-collar professionals. --Gail Hudson



## "The One Minute Manager" by Kenneth Blanchard

I really liked this book, but for the same reasons I liked it, some may hate it.

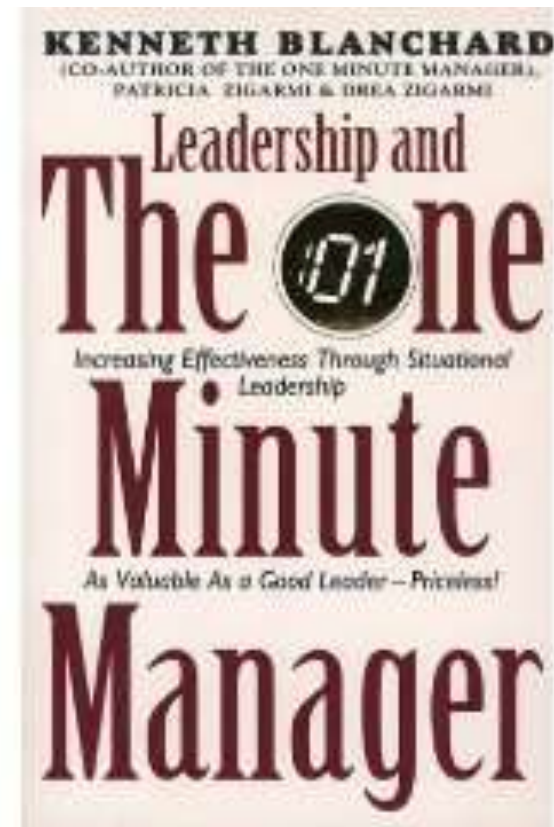
First of all, it's an easy read, and it gets its points across by telling a story. Other books, such as *The Sixty-Second Motivator*, have also used this format successfully, but this style may not appeal to everyone. To me, it makes the book a lot less boring to read.

Secondly, the book is short. The vast majority of readers will easily be able to read this book in a day. It has bigger font, which I personally liked and thought it made it a joy to read. However here again, some may be turned off by that and consider it to be too "child-like."

Thirdly, the book takes solid managerial info and gives it to the reader handily in the form of three "secrets." I

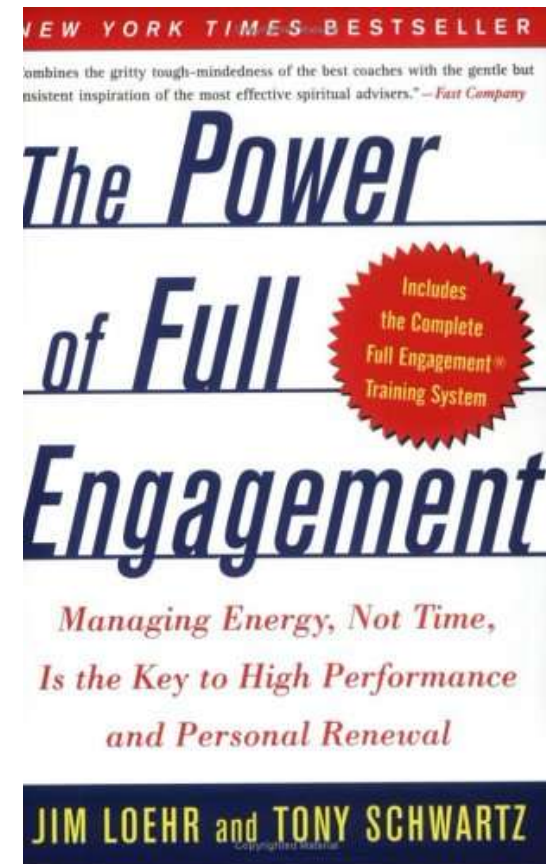
found the advice to be very practical and while some may consider it far too simple, it can help you a lot IF you actually apply the info- which I suspect most managers do not.

In conclusion, I recommend this short business classic to anyone looking for better ways to improve their managerial skills. I doubt most will be disappointed.



## "The Power of Full Engagement" by Jim Loehr and Tony Schwartz

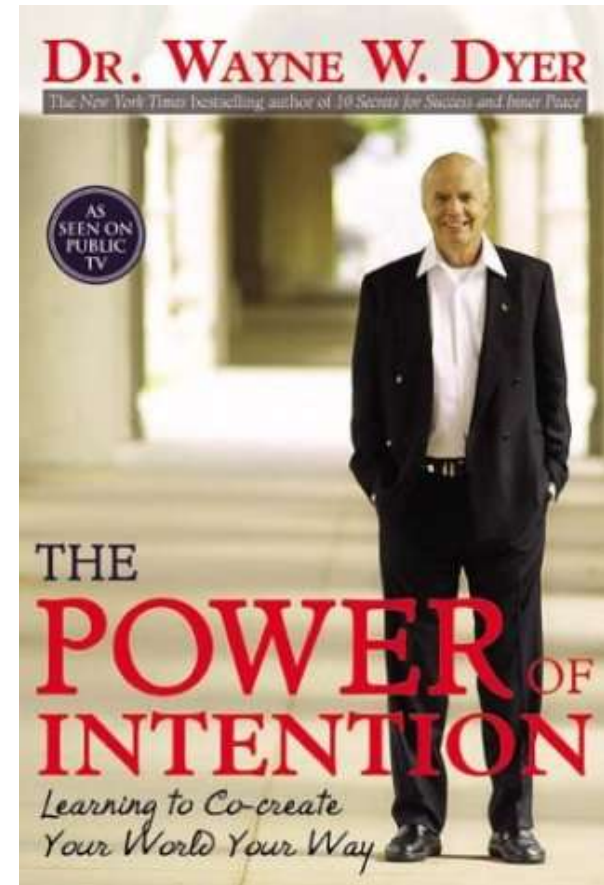
THE POWER OF FULL ENGAGEMENT has the potential to change your life with one single insight: that managing ENERGY, not time, is the key to high performance and personal renewal. While I have as many hours in a day as I had in my 20s, I have to admit that my energy and productivity levels had dropped over the years. This book explains how to increase your energy levels through tapping four primary sources of energy: physical (and includes strategies for "fueling the fire" through exercise, nutrition, and sleep), emotional ("transforming threat into challenge"), mental ("appropriate focus and realistic optimism"), and spiritual ("having a 'why' to live"). The training system this book espouses asks the reader to define their purpose, to face the truth about how they're managing their energy now, and to take action through positive rituals. Since learning and putting into practice some of the ideas in this book, I have managed to at least DOUBLE my energy level during the day as well as my effectiveness in accomplishing the things that are most important to me. You can't put a price tag on results like these -- but if you could, the price seems like a miraculous bargain to me. (Unknown)





## "The Power of Intention" by Wayne Dyer

For this very popular speaker and bestselling author of the classic *Your Erroneous Zones*, intention is not dogged determination, but an inner awareness "that exists in the universe as an invisible force of energy." This conviction, gleaned from Dyer's professional experiences, metaphysical studies and contacts with personal mentors, has allowed him to link to the force of intention and use it to enhance his life and work. For Dyer, there are seven faces, or energy fields, of intention: creativity, kindness, love, beauty, expansion, abundance and receptivity. Drawing on a variety of spiritual traditions and gurus, Dyer first describes how to surmount the barriers that may get in the way of connecting to this power, such as negative thinking, relying on the opinion of others or retaining a controlling ego. Although Dyer's message is deeply sympathetic, his conception of the fields of insight reads like a familiar mixture of Eastern and Western philosophies wrapped up in a new theoretical package. In a chapter on living a stress-free life, for example, he recommends silently repeating the words "I want to feel good" -i.e., practicing a form of meditation-and elsewhere advises practicing detachment, a cornerstone of Buddhism. Another tactic, using forgiveness as a means to achieve peaceful relations with difficult family members, has recently found a wealth of expression.



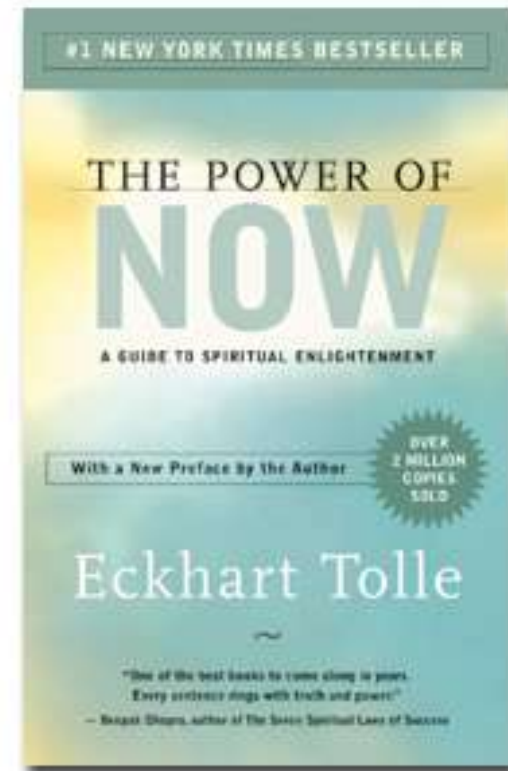
## "The Power of Now" by Eckhart Tolle

I have read many self-help books in my life, but not one has ever had the same impact on my life as the 'The Power of Now'.

Every word 'oozes' absolute truth and it can only have been inspired by the author first having had a life that made no sense. As a result, the author Eckhart Tolle had a total breakdown, but like a phoenix rising from the ashes and with more than a little help from The Buddha's teachings he analysed his life situation and found that the basic problem was that his mind was 'all noise' from living in the past and thinking 'it will be alright in the future'. Recognise any similarities with yourself anybody? Solution, get this book and start practicing with a conscious mind and living in the present moment.

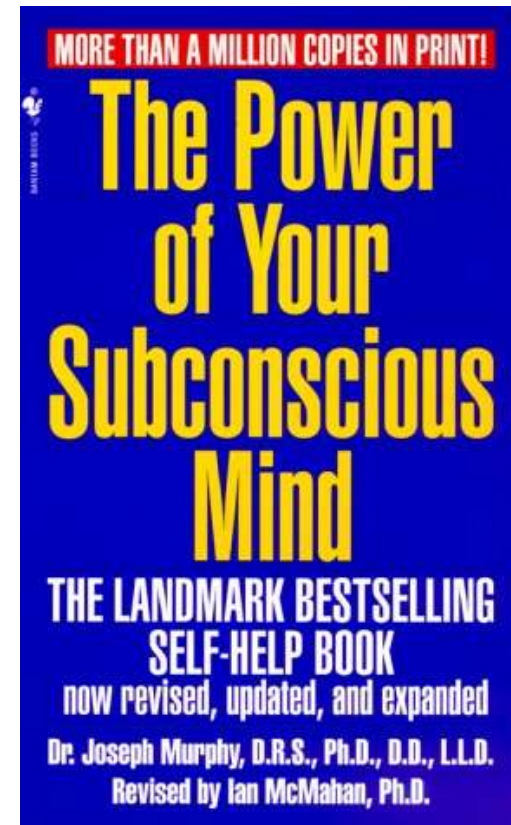
Living in the present moment does not mean withdrawing from modern society or even material possessions. What it does mean is living from a deeper perspective from within yourself, the 'inner being' and finding fulfilment well away from where you thought you would find it, somewhere on the outside.

Buy this book, read it, re-read, practice its teachings and you will be on the road to a full, spiritually based (not religious), life that could only be dreamed of without it. (Adrian Bray)



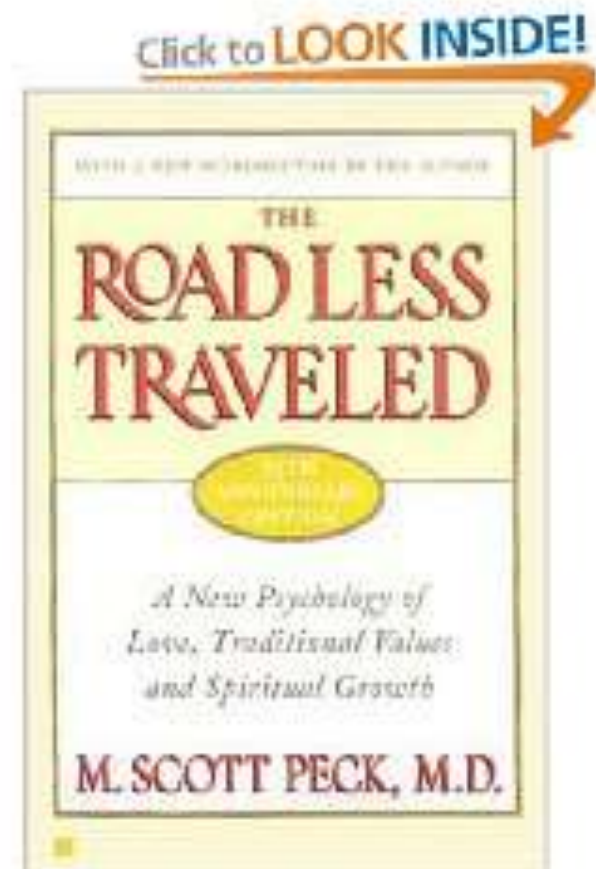
## "The Power of Your Subconscious Mind" by Joseph Murphy and Ian McMahan

This book is brilliant...basically your external reality is made manifest by your inward thinking. If you think negatively, negative things will happen. If you think positively, positive things will happen. Your subconscious is the infinitely intelligent part of your mind, it keeps your heart and body functioning when you are asleep etc. Your mind has two parts, conscious and subconscious. The conscious part is action, and the subconscious part is reaction. If you consciously project thoughts of love, health and happiness to your subconscious, your subconscious will do everything in its infinite power to bring about the perfect experience that fulfills your deepest desire. It's that simple. I've been doing it for two weeks and amazingly magical things have happened. All you need to do is believe in the power of your subconscious mind!



## "The Road Less Travelled" by M Scott Peck

By melding love, science and religion into a primer on personal growth, M. Scott Peck launched his highly successful writing and lecturing career with this book. Even to this day, Peck remains at the forefront of spiritual psychology as a result of *The Road Less Travelled*. In the era of I'm OK, You're OK, Peck was courageous enough to suggest that "life is difficult" and personal growth is a "complex, arduous and lifelong task". His willingness to expose his own life stories as well as to share the intimate stories of his anonymous therapy clients creates a compelling and heartfelt narrative.



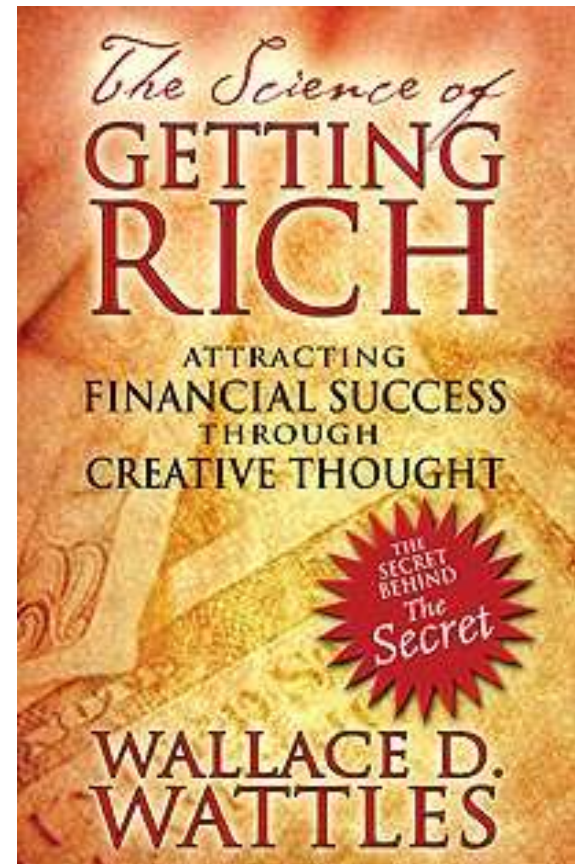
## "The Science of Getting Rich" by Wallace Wattles

Straightforward and easy to understand, *The Science of Getting Rich* asserts that all of us -- no matter what our circumstances -- have the ability to obtain enough wealth to live as we desire and to fulfill our purpose in life.

Written nearly a century ago and recently rediscovered by Rhonda Byrne, creator of *The Secret*, *The Science of Getting Rich* offers clear insight on creating prosperity and the happiness that ensues.

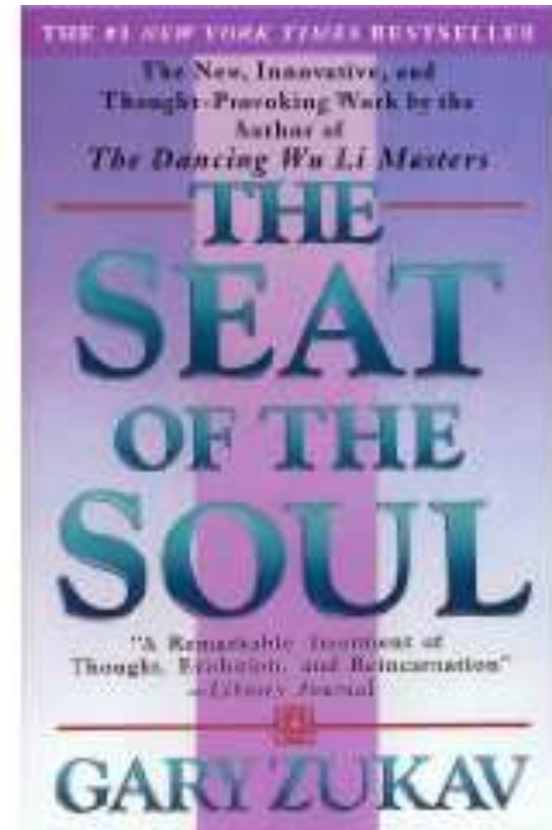
There exists a science of getting rich -- and it is an exact science, like algebra or arithmetic. There are also certain laws that govern the process of acquiring means, and once these laws are learned and followed, a person will prosper with mathematical certainty. This book carefully provides the explanation of this science and how these laws function.

Each one of us naturally wants to achieve his or her full potential -- this desire to realize our innate talents is inherent in human nature. There is nothing wrong in wanting to become wealthy; in fact, the longing for riches is really the desire for a fuller and more abundant life. *The Science of Getting Rich* can set you on your way toward reaching this goal.



## "The Seat of the Soul" by Gary Zukav

Gary Zukav questions the Western model of the soul, asserting that the human species is in the midst of a great transformation, evolving from a species that pursues power based upon the perceptions of the five senses--"external power"--to one that pursues power based upon perceptions of the soul--"authentic power". He believes that humans are immortal souls first, physical beings second, and that once we become conscious of this transformation--once we align our personalities with our soul--we will stimulate our spiritual growth and become better people in the process. This insightful, lucid synthesis of modern psychology and new-age ideas has been described as the "physics of the soul". Who better to explain such heady concepts than Gary Zukav? --Ali Perry-Gallagher

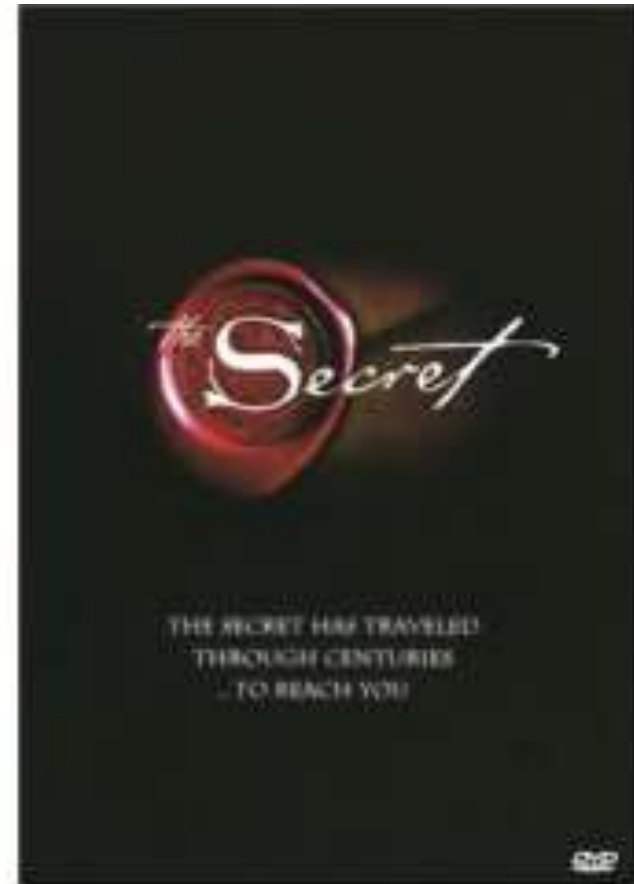


## "The Secret" by Rhonda Byrne

Fragments of a Great Secret have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. For the first time, all the pieces of The Secret come together in an incredible revelation that will be life-transforming for all who experience it.

In this book, you'll learn how to use The Secret in every aspect of your life -- money, health, relationships, happiness, and in every interaction you have in the world. You'll begin to understand the hidden, untapped power that's within you, and this revelation can bring joy to every aspect of your life.

The Secret contains wisdom from modern-day teachers -- men and women who have used it to achieve health, wealth, and happiness. By applying the knowledge of The Secret, they bring to light compelling stories of eradicating disease, acquiring massive wealth, overcoming obstacles, and achieving what many would regard as impossible.

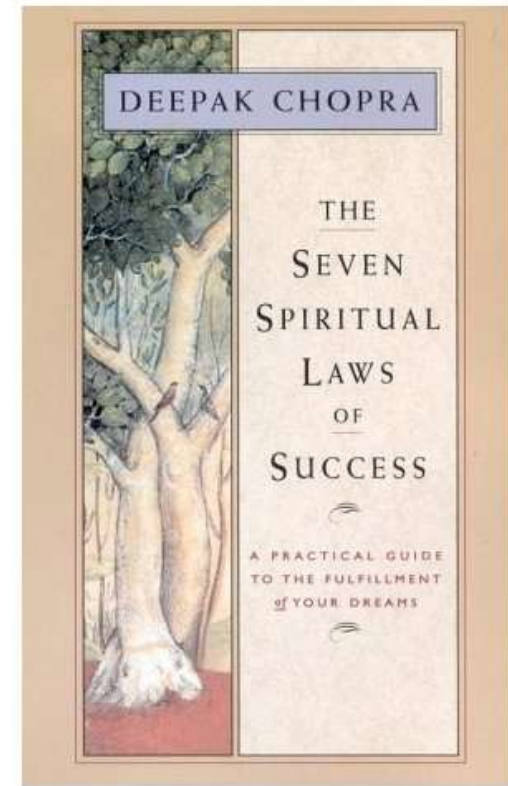


## "The Seven Spiritual Laws of Success" by Deepak Chopra

Nothing succeeds like success, or in the words of Deepak Chopra nothing succeeds like spiritual awakening. For all you people who value self-fulfillment, setting and achieving goals, and working in synchrony with the universe, this book offers an enlightening guide to achieving your dreams.

The book is split into sections such as Intention/Desire, and in each place you are not only given ideas on how to achieve this, but step by step practical activities that can contribute to this result.

Although it is based on Buddhist perspectives, I believe anyone from any denomination could gain something from this mantra guide. From building self-esteem to making and reaching your goals, this book is a succinct practical guide that could be carried around in your back pocket. As it is so easy to follow, the reader could pick it up morning, noon or night to stimulate their minds. It is an enchanting read with just a few snippets of the surreal about it.



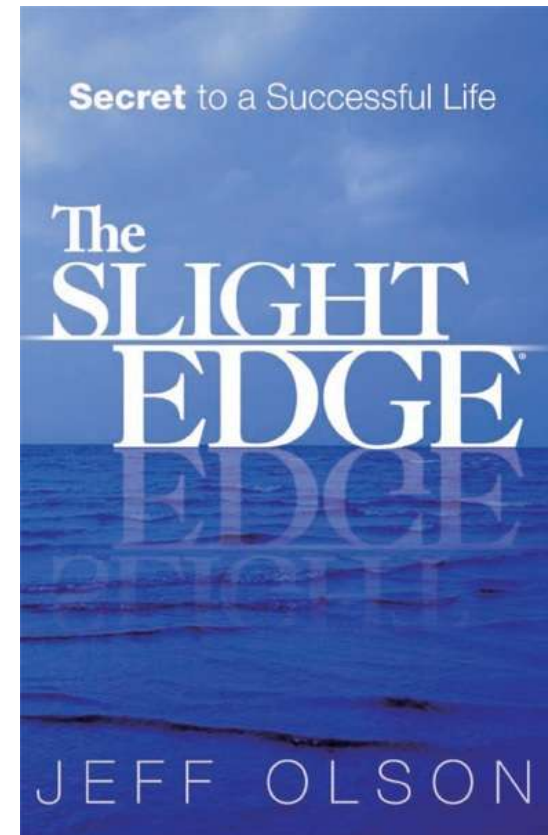


## "The Slight Edge" by Jeff Olson

Of all the personal development books I have studied over the last 25 years this is probably the most effective.

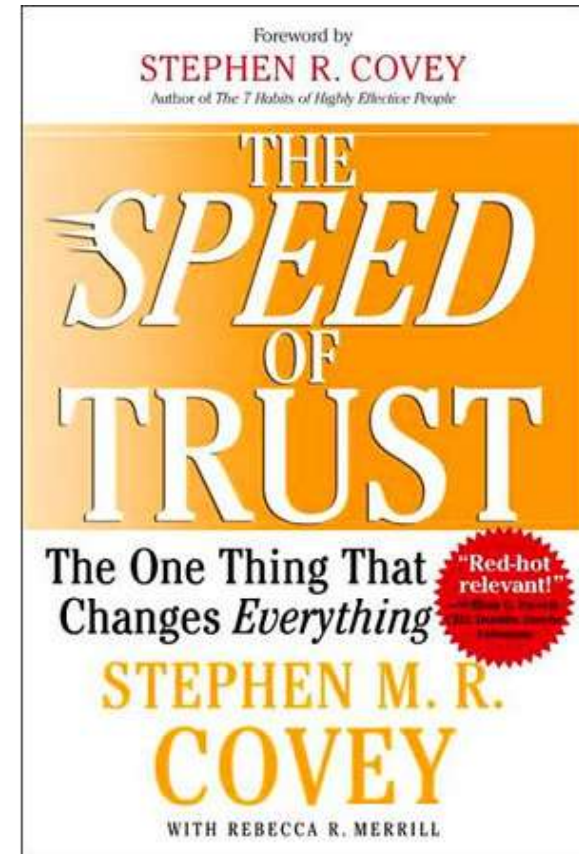
The point that a lot of books like this miss is that you need to take action. It is all very well learning what to do but you have to do it. The Slight Edge teaches us that every step we take moves us either closer or further away from our goal. It's easy to think that the small steps don't matter. Every night we decide to skip that vitamin or not bother reading a book that improves us won't make a difference that day but day after day it will make a difference.

This book shows how to break goals down into small steps and motivates to keep going when it appears no progress is being made. Written in an easy to read style with some touching stories and some startling financial facts this book will stay with you and enhance any other books you read.



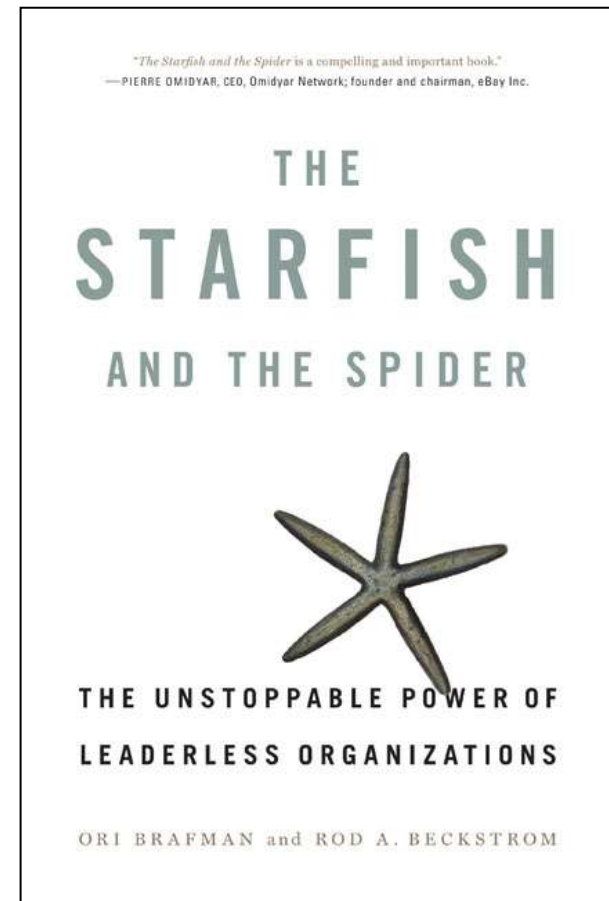
## "The Speed of Trust" by Stephen M R Covey

Trust is so integral to our relationships that we often take it for granted, yet in an era marked by business scandals and a desire for accountability this book by leadership expert Covey is a welcome guide to nurturing trust in our professional and personal lives. Drawing on anecdotes and business cases from his years as CEO of the Covey Leadership Center (which was worth \$160 million when he orchestrated its 1997 merger with Franklin Quest to form Franklin Covey), the author effectively reminds us that there's plenty of room for improvement on this virtue. Following a touching foreword by father Stephen R. Covey (author of *The 7 Habits of Highly Effective People* and related books), the junior Covey outlines 13 behaviors of trust-inspiring leaders, such as demonstrating respect, creating transparency, righting wrongs, delivering results and practicing accountability. Covey's down-to-earth approach and disarming personal stories go a long way to establish rapport with his reader, though the book's length and occasional lack of focus sometimes obscure its good advice.



## "The Starfish and the Spider" by Ori Brafman and Rod A. Beckstrom

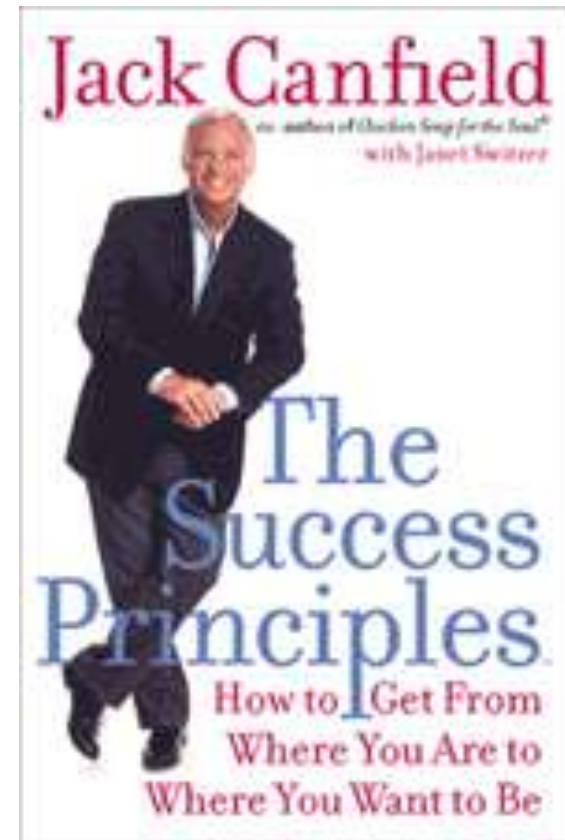
This work provides an understanding of the amazing force that links some of today's most successful companies. If you cut off a spider's leg, it's crippled; if you cut off its head, it dies. But if you cut off a starfish's leg it grows a new one, and the old leg can grow into an entirely new starfish. Some organisations are just as decentralised as starfish, with no control centre or grand strategy. Think of Craigslist and the original Napster, run totally by their own customers. Or Alcoholics Anonymous, which has thrived for decades as a loose network of small groups. Or even al Qaeda, which is so hard to destroy because its cells function independently. "The Starfish and the Spider", based on groundbreaking research into decentralised organisations, proves that this type of leadership is primed to change the world. Major companies like eBay, IBM, Sun, and GE are starting to decentralise, with great results. Decentralisation isn't easy for people who are used to the classic chain of command organisation. But as readers will learn through this book's fascinating stories - ranging from the music business to geopolitics - it can be a very dangerous trend to ignore.



## "The Success Principles" by Jack Canfield

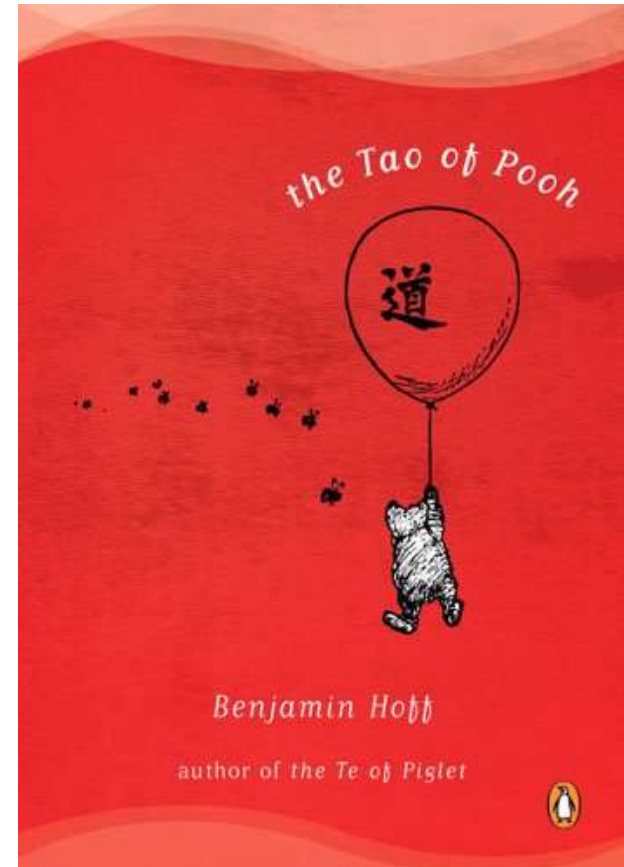
The Success Principles ® is a roadmap for anyone—from marketing professionals to small business owners, and from teachers to students and parents — striving to achieve their professional and personal dreams and goals. Touching on every aspect of our lives, The Success Principles offers 64 practical and inspiring principles to get any aspiring person from where they are to where they want to be.

It's an encyclopedia for mastering life... so you can achieve any dream, become who you want to be, and make your life exactly as you want it. This is one program you can't leave out of your success library. The Success Principles contains all the key elements of a successful, happy life, together, in one place!



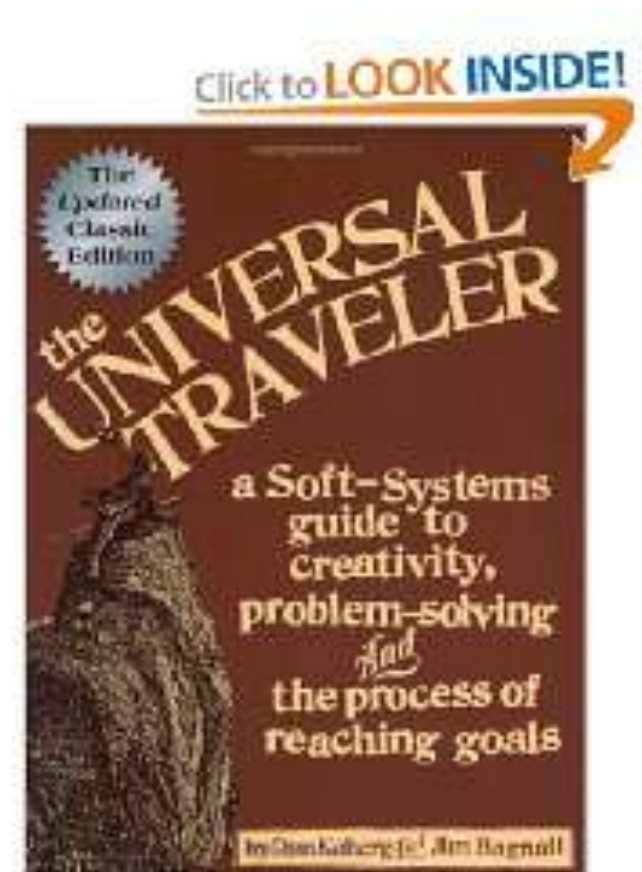
## "The Tao of Pooh" by Benjamin Hoff

Author/narrator Hoff calls Winnie the Pooh a "Western Taoist" and uses the unassuming bear to introduce Eastern philosophical principles. Pooh epitomizes the "uncarved block," as he is well in tune with his natural inner self. Pooh enjoys simple pleasures and the daily progress of life. Hoff contrasts this unpretentiousness to other characters created by Winnie-the-Pooh author A.A. Milne, including Owl, whom he describes as a "mind that tries too hard," and Eeyore, the eternal pessimist. In a clear and crisp voice, Hoff explains the central tenets of Taoism and further illustrates them with familiar excerpts from The House at Pooh Corner stories (1923), Chinese proverbs, maxims, and tales from Lao Tzu and others. The result is at once thought-provoking and charming. This is a small literary event that will leave all who experience it a little more serene.



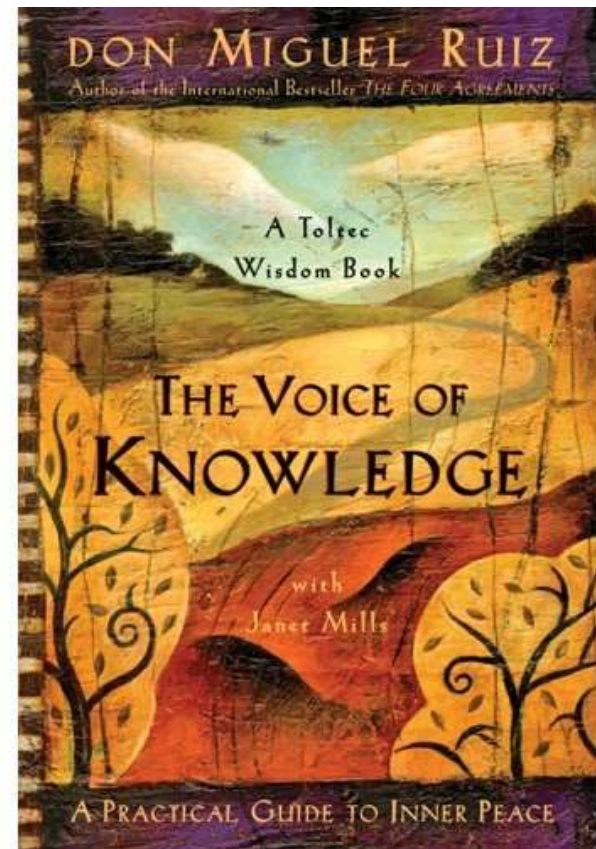
## "The Universal Traveler" by Don Koberg and Jim Bagnall

I first found the Universal Traveler Creative Problem-Solving Guide in its 1976 edition and have kept it by my bed to review frequently since then. It is a special treasure of tips on getting organized mentally. It balances critical thinking with psychological factors superbly. This is a book to study, to cull and to keep at your side for a lifetime. I have bought it as a gift for very bright, deeply analytical friends, who universally share my opinion of it. It is the most thorough critical thinking and problem-solving book I've ever read. It starts at the VERY BEGINNING of your thought processes to analyze a problem, to set a goal and to reach solutions and goals. It presents reaching goals and problem-solving as a journey, and uses travel as the metaphorical presentation. I prefer the 1976, brown and tan edition published by William Kaufman, Inc., with its delightful, historical and turn-of-the-century pen sketches to the more modern, more structured, less playful 1991 edition.



## "The Voice of Knowledge" by Don Miguel Ruiz

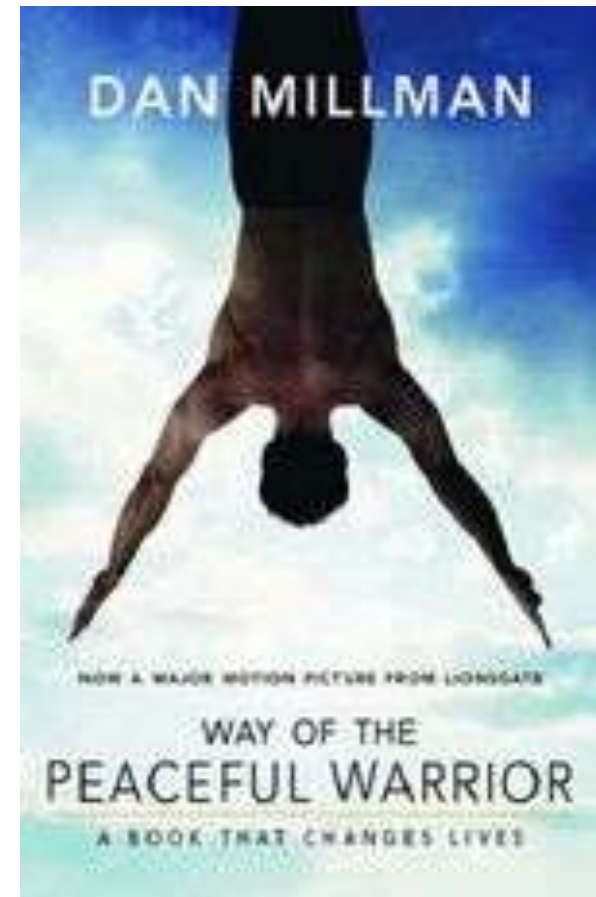
As little children we know how to live in the moment and be completely authentic. But then something damaging happens to us, according to author Don Miguel Ruiz: we are given "knowledge" about how to live in the world. Parents tell us how to behave in order to be a "good" boy or girl. Teachers tell us what it takes to be a "winner" or a "successful" adult. This collective "voice of knowledge" is not only false--it is often poisonous, explains Ruiz, bestselling author of *The Four Agreements*. It makes us believe that "I am not the way I should be; it is not okay to be me." Drawing upon the story of Adam and Eve, Ruiz refers to the forbidden tree of knowledge and likens the abandonment of the true self to the fall from heaven. What Ruiz calls "the voice of knowledge" other spiritual teachers might call ego--the hidden and carefully defended belief system that prevents us from living and expressing who we really are. The recovering of awareness is what this fourth book in the Toltec Wisdom series is all about. This makes for a good bedside spiritual growth book. Each chapter closes with "Points to Ponder"--summary thoughts to sleep upon as you create the more authentic story of your life. (Gail Hudson)



## "The Way of the Peaceful Warrior" by Dan Millman

During his junior year at the University of California, Dan Millman first stumbled upon his mentor (nicknamed Socrates) at an all-night gas station. At the time, Millman hoped to become a world-champion gymnast. "To survive the lessons ahead, you're going to need far more energy than ever before," Socrates warned him that night. "You must cleanse your body of tension, free your mind of stagnant knowledge, and open your heart to the energy of true emotion." From there, the unpredictable Socrates proceeded to teach Millman the "way of the peaceful warrior." At first Socrates shattered every preconceived notion that Millman had about academics, athletics, and achievement. But eventually Millman stopped resisting the lessons, and began to try on a whole new ideology--one that valued being conscious over being smart, and strength in spirit over strength in body. Although the character of the cigarette-smoking Socrates seems like a fictional, modern-day Merlin, Millman asserts that he is based on an actual person.

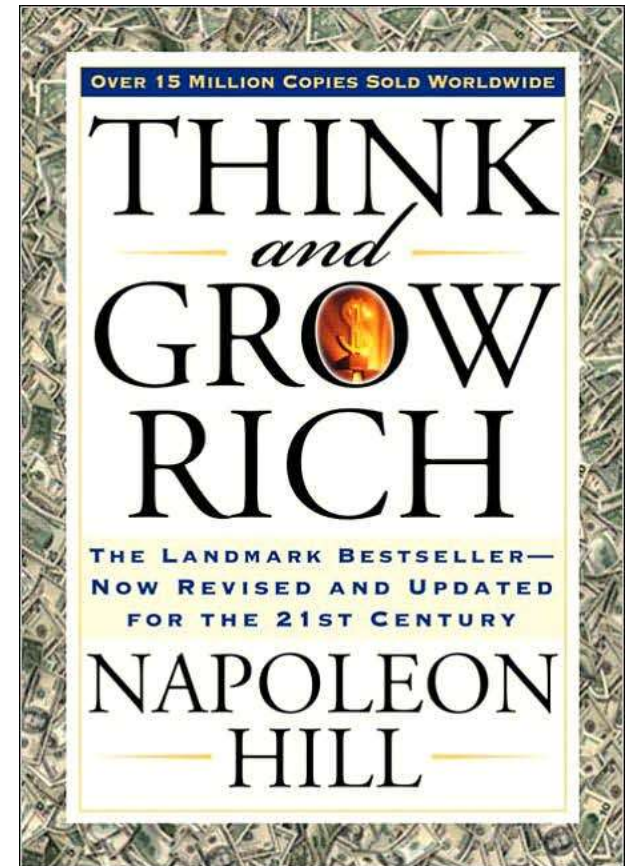
Certain male readers especially appreciate the coming-of-age theme, the haunting love story with the elusive woman Joy, and the challenging of Western beliefs about masculine power and success. --Gail Hudson





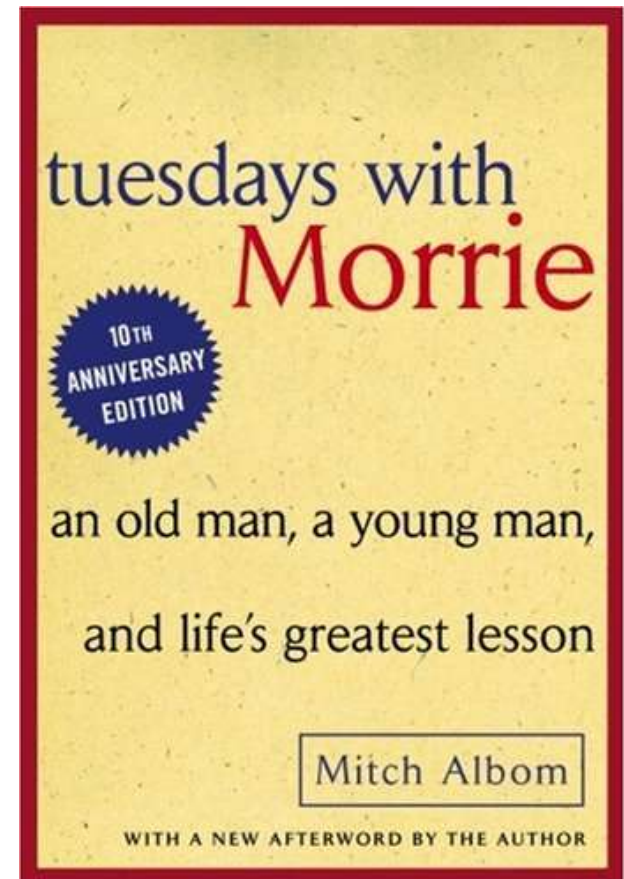
## "Think and Grow Rich" by Napoleon Hill

Don't let the title Think and Grow Rich fool you. It's not only about money--far from it! It's more importantly about getting along in life with a balanced perspective of economics and people. If you buy no other book in this collection, buy one copy of Think and Grow Rich, and then read it often. After reading it I know it will absolutely change your life--it did mine--and you will begin to "think and grow rich" in many ways! Growing up on a Pennsylvania farm I had a limited exposure to the world and so badly needed a vision. I don't recall how I got Think and Grow Rich into my hands, but I thank Napoleon Hill that I did. After reading this book my life began to change dramatically. I became impassioned with a desire to succeed. I started working on a long-term education program. After working my way through college, eventually even teaching at universities where I studied, I became interested in having my own business and was successful enough to send my children to private schools. And yes, I also became rich, just as Napoleon Hill promised in this book--rich in many ways, not only in terms of economics. I often wonder if Napoleon Hill even really knew the magic and power of this book.



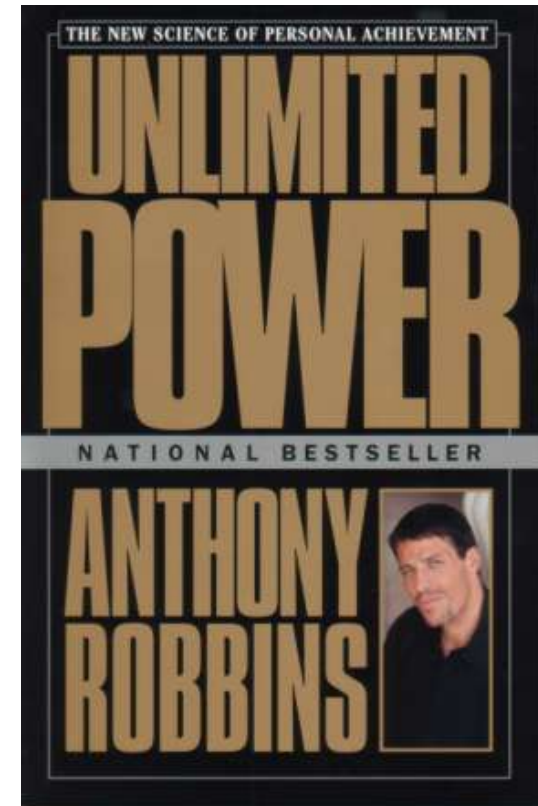
## "Tuesdays with Morrie" by Mitch Albom

This true story about the love between a spiritual mentor and his pupil has soared to the bestseller list for many reasons. For starters: it reminds us of the affection and gratitude that many of us still feel for the significant mentors of our past. It also plays out a fantasy many of us have entertained: what would it be like to look those people up again, tell them how much they meant to us, maybe even resume the mentorship? Plus, we meet Morrie Schwartz--a one of a kind professor, whom the author describes as looking like a cross between a biblical prophet and Christmas elf. And finally we are privy to intimate moments of Morrie's final days as he lies dying from a terminal illness. Even on his deathbed, this twinkling-eyed mensch manages to teach us all about living robustly and fully. Kudos to author and acclaimed sports columnist Mitch Albom for telling this universally touching story with such grace and humility. --Gail Hudson



## "Unlimited Power" by Anthony Robbins

I read this at a time when I was feeling as if I had no direction in life. After reading it I thought 'wow!' The only reason I felt low was because I chose to be - maybe not consciously but I chose this none the less. The second time round I actually studied it and put it into practice. I cannot even begin to say how much life has changed for me. I am now flourishing in my career, everyone who knows me has noticed a positive difference, there is little or nothing that I cannot deal with and even my health has improved beyond measure. Forget life coaches that charge £60 an hour; this is all you need.

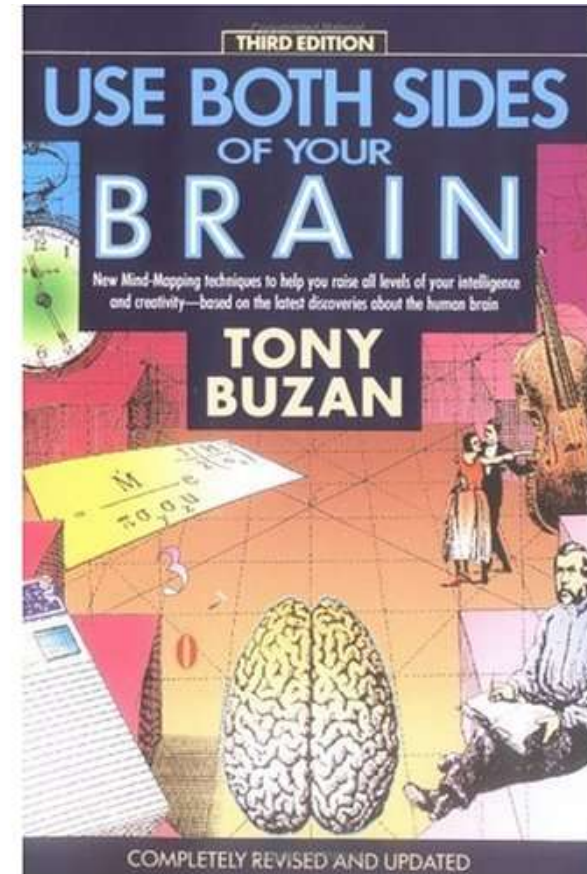


## "Use Both Sides of Your Brain" by Tony Buzan

Tony Buzan is one of the pioneers of the "Brain science". He studies how the brain works and then teaches us how we should use it. Although the first edition of this book was written in 1974, it is still considered to present the "modern approach".

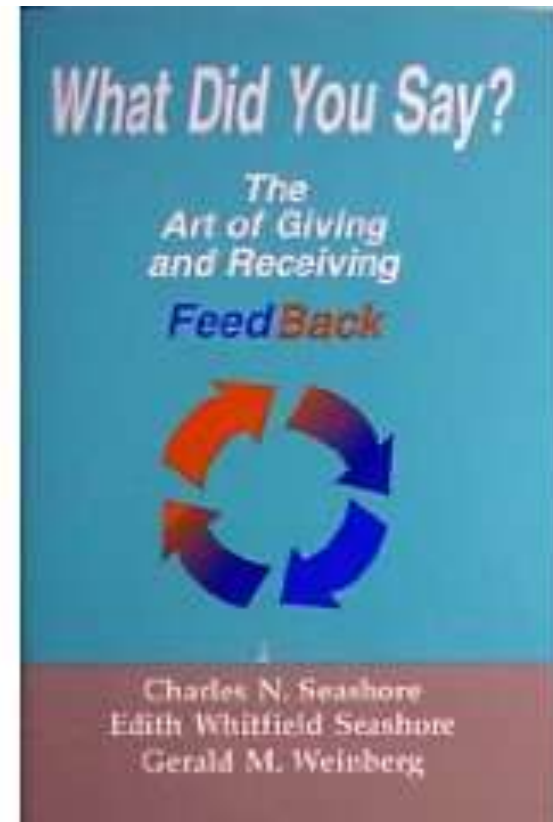
The book follows a logical sequence - from explaining how the brain works and how it should be used, through lessons on speed reading and mind mapping, and finishing off with a section on study techniques. The book is full of illustrations and graphs and it is very easy to read.

I would recommend this book to every student or self student. It will improve your study productivity and your memory a lot. Perhaps it should be also combined with other books by Buzan, especially Speed Reading and Make the Most of Your Mind. I only wish I had discovered Buzan earlier.



## "What Did You Say?" by Charles N Seashore, Edith Whitfield Seashore, and Gerald M Weinberg

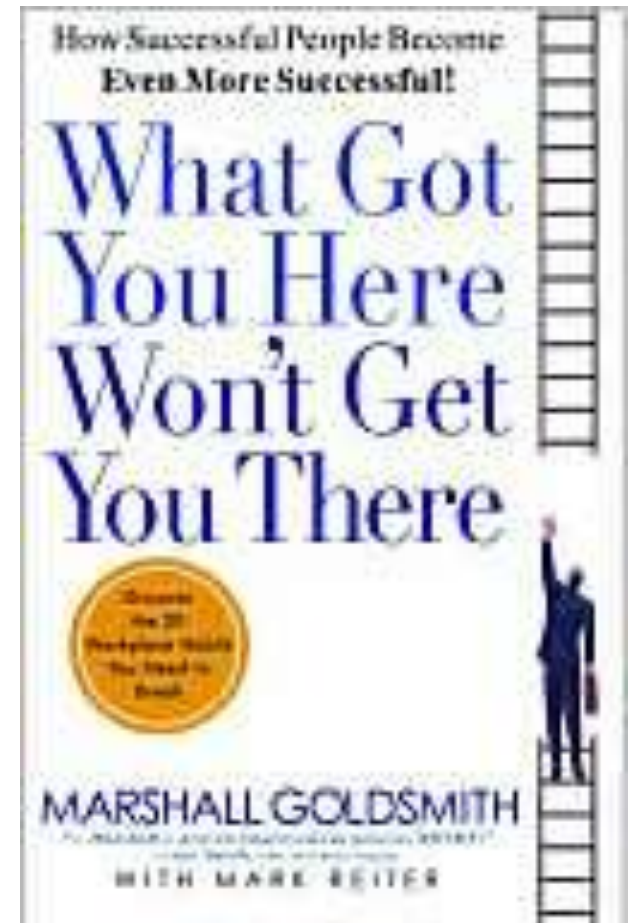
If I had the power to transport one book back in time and send it to myself, this would be the one. This is the book I needed when I became a people manager. It's also the book I needed when I began to raise my kids. In fact, I can't think of a time in my life when I did not wish I had more of the skills this book teaches. A simple but very deep book that causes a new level of understanding about how to talk to people with each reading. The authors draw on the best ideas from the great psychologists and show how to use them practically in everyday interactions. The short volume is easy to read and full of examples that can be immediately applied. In my humble opinion, this book is indispensable when managing people at work and managing close relationships at home. The conversational and entertaining style is a plus.



## "What Got You Here Won't Get You There" by Marshall Goldsmith

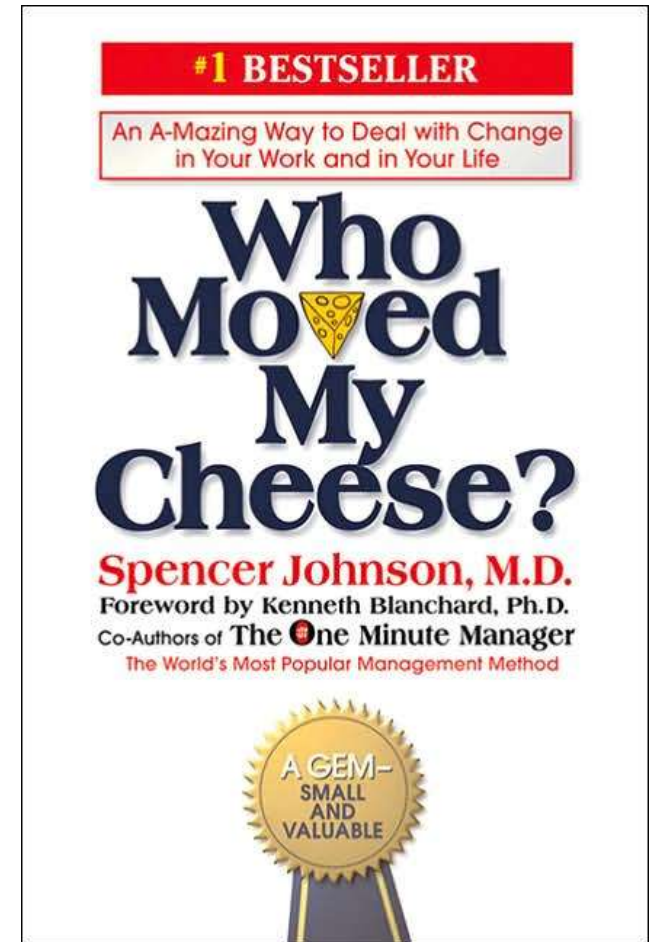
What Got You Here Won't Get You There is an intriguing look into the nuances between those who climb to the top of the corporate ladder and those who fall just short, while everyone applauds their fall. We all have trouble seeing ourselves as others see us. Marshall Goldsmith takes dead aim at that problem by describing his unique methods for coaching candidates for top jobs into the corner offices.

While that's intriguing in and of itself, Dr. Goldsmith also reveals what he usually finds in such detail that you'll see the shadow of yourself spread out across the pavement in front of you. He does this so well that I felt truly mortified to think of the times when I fell for the many bad habits (that stall career and company progress) that he so eloquently describes here. (Donald Mitchell)



## "Who Moved My Cheese?" by Spencer Johnson

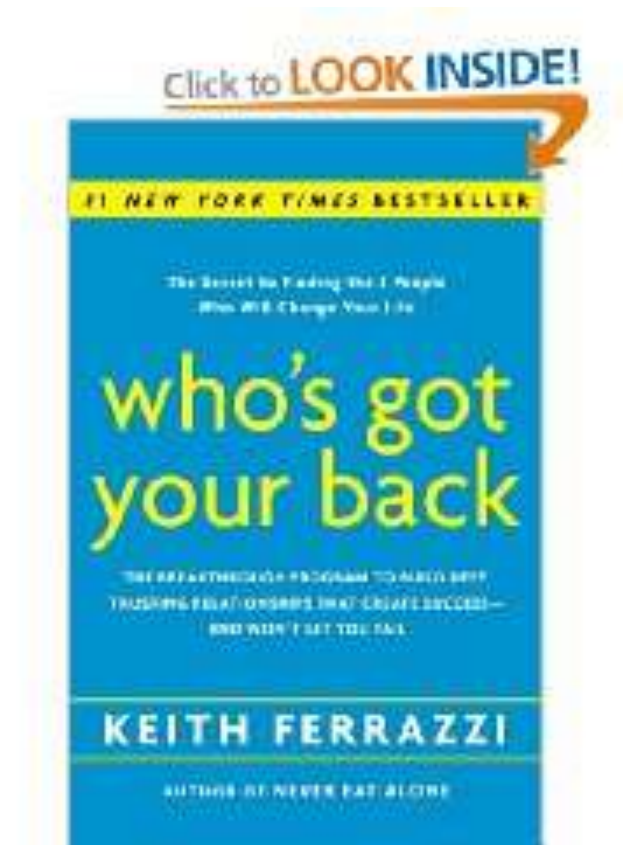
Change can be a blessing or a curse, depending on your perspective. The message of *Who Moved My Cheese?* is that all can come to see it as a blessing, if they understand the nature of cheese and the role it plays in their lives. *Who Moved My Cheese?* is a parable that takes place in a maze. Four beings live in that maze: Sniff and Scurry are mice, non-analytical and non-judgmental; they just want cheese and are willing to do whatever it takes to get it. Hem and Haw are "little people", mouse-size humans who have an entirely different relationship with cheese. It's not just sustenance to them; it's their self-image. Their lives and belief systems are built around the cheese they've found. Most of us reading the story will see the cheese as something related to our livelihoods--our jobs, our career paths, the industries we work in--although it can stand for anything, from health to relationships. The point of the story is that we have to be alert to changes in the cheese and be prepared to go running off in search of new sources of cheese when the cheese we have runs out.



## "Who's Got Your Back?" by Keith Ferrazzi

I usually hate this kind of book. By page 20, the blinding insight is delivered and then the next 200 pages just repeat it. Not here. Keith draws you in quickly but then keeps deepening his points. By page 205, I was more absorbed than I was at page 20. (The profiles of various types of people whose personal glass ceilings get in their way (section 3) was priceless. I re-read it three times, then tried fitting everyone I know into one or more of them.)

Keith uses an interesting device to keep the reader engaged: he makes you complicit in his own mentoring or "lifeline" process, as he calls it. Far from lecturing, he is often, and very appealingly, an imperfect student of his own insights. Several times I found myself saying "Keith, you are doing it again...". Just as his treasured lifeline people must do. This quirk really makes his point and lets the reader immediately relate to the value of what he suggests.

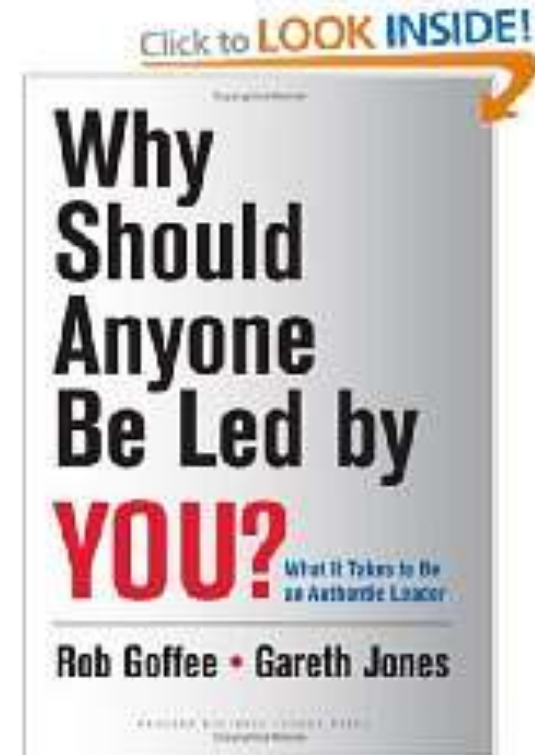




## "Why Should Anyone Be Led By You?" by Rob Goffee and Gareth Jones

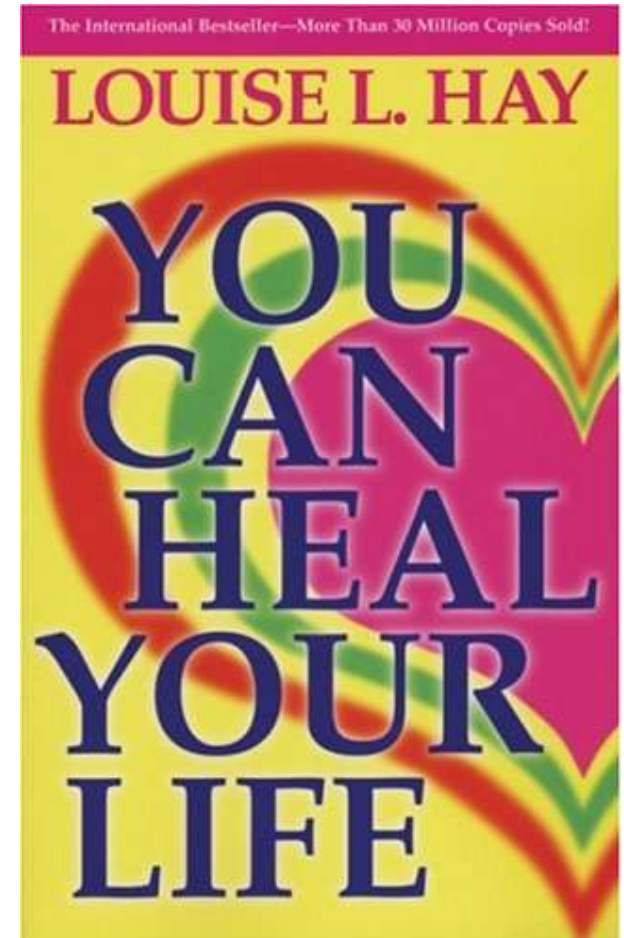
If you want to be told how to lead then this book is not for you, but if you want to read how the best do it then this book is for you. This book distils the key skills that it takes to be a greater leader and then using real leaders explains how those people demonstrated those skills. The leaders selected are multinational and include a few British leaders thus allowing the UK reader to contrast the skills discussed with their perception of that person.

I was given this book as part of a leadership training program and to be honest flicking through it during a break thought that it looked dry and uninteresting. But once I started reading the book I found it very engaging and interesting. It has made me question my own leadership style and has highlighted areas that I need to work on. The main strength of the book is that it leaves the reader free to develop the ideas and create their own leadership style. (Owen Luke)



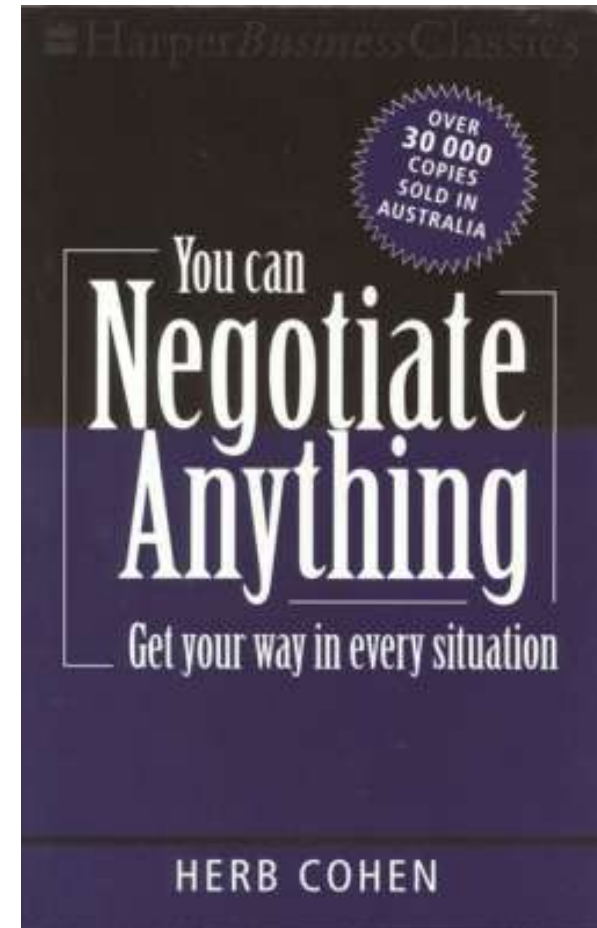
## "You Can Heal Your Life" by Louise Hay

If you haven't seen Hay House's Lifestyles series of gorgeous gift books, there is no better way to acquaint yourself than with publisher/author Louise Hay's *You Can Heal Your Life*. A bestseller for many years, *You Can Heal Your Life* has been republished with bright, beautiful illustrations in full, living color and exquisite typography--each and every page is a work of art by artist Joan Perrin Falquet. The timeless message of the book is that we are each responsible for our own reality and "dis-ease." Hay believes we make ourselves ill by having thoughts of self-hatred. She includes a directory of ailments and emotional causes for each with a corresponding affirmation to help overcome the illness. For example, the probable cause of multiple sclerosis is "mental hardness, hard-heartedness, iron will, and inflexibility." The healing "thought pattern" would be: "By choosing loving, joyous thoughts, I created a loving joyous world. I am safe and free." --P. Randall Cohan



## "You Can Negotiate Anything" by Herb Cohen

Herb Cohen believes the world is a giant negotiating table and, like it or not, you're a negotiator. Whether you're dealing with your spouse, boss, department store, bank manager, children, solicitor, or best friend - in every encounter with other people, negotiating is always taking place. And how well you handle those encounters determines whether you prosper happily or suffer frustration and loss. With his helpful and sensible approach Cohen shows that negotiating is a process you can understand and predict - and most importantly, that it's a practical skill you can learn and improve upon.



## "You Can Win" by Shiv Khera

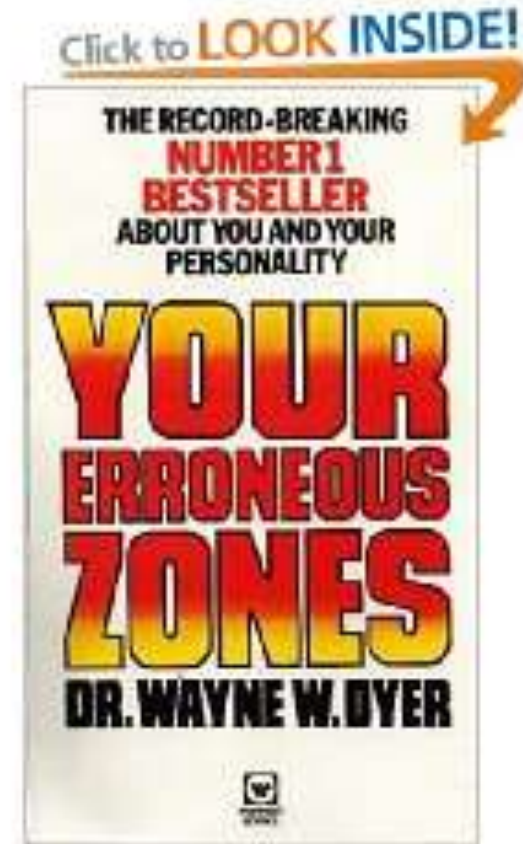
This is the book, I open at any page and start reading, when I feel things are not going well. Many times, motivational books are either difficult to read or impractical, even if you appreciate it. This book takes things right from your daily life and turns them into positive thrust. Absolutely marvellously written and highly recommended book for those, who pursue balanced personality. Parag Bedekar



## "Your Erroneous Zones" by Wayne Dyer

There are numerous books which profess to be able to change your life, or at least your perception of life. Over the past fifteen years I must have read at least sixty self improvement books but there are only a small number that I can recall reading.

'Your Erroneous Zones' IS one of the ones I can remember reading. It is more than just a book of advice, it has become a reference book for when I feel I am losing control of my life to other people. It acts as a wake up call, like splashing cold water on your face in the morning. It brings you to your senses and makes you realise that you have the power and ability to control your life. I sometimes feel a little embarrassed when reading the book, because it makes me realise how weak I am and how much I need to toughen up mentally.



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