

The following is a list of books (and a few other things) that have informed my journey positively in one way or another. I've shared a bit about each one in the way they have impacted me, and I've included links for you to purchase them if you would like to add them to your own success library. Please know that I may receive affiliate compensation from these links because, why not.

They're organized alphabetically by author's last name and will include topics such as: Neurosciences, Quantum Physics, Leadership, Spirituality, Swimming, Traveling, and any other thing that brings me joy and I find myself recommending to others.

Oh, and check back often. I plan on updating this list all the time...

The Happiness Advantage: How a Positive Brain Fuels Success in Work and Life by Shawn Achor <https://amzn.to/40vw6ZH>

This is perhaps one of my most quoted books in my library. Shawn Achor is a genius at showing that success comes from being happy. Happiness is not something that can be put off until you achieve success. This book and his subsequent, *Before Happiness*, are both must reads for bringing happiness to the workplace and beyond.

Before Happiness by Shawn Achor <https://amzn.to/4kKKpkb>

I love the continuation of his former work as he explains how it has impacted companies and organizations in powerful ways. This book is required reading for all of my strategic partners as it informs the approach I take to putting happiness at the forefront of any workplace culture I am working with.

Contagious: Why Things Catch On by Jonah Berger <https://amzn.to/451oXSd>

I'm always interested in learning more about why people make the decisions they make, and how we as leaders can influence them. *Contagious* shares wonderful insights and details to the kinds of messaging that works. For anyone who relies on marketing, sales, or leadership, this is a good inclusion in your success library.

I Thought it Was Just Me (But It Isn't): Making the Journey From "What Will People Think?" to "I Am Enough" by Brene Brown <https://amzn.to/3TLHsFb>

I suppose it would be obvious for me to have Brene Brown on my list. I love all her books. But this one stands out because I often work with professionals who are recovering from being people pleasers. Her down to earth style makes approaching this challenging subject with grace.

Flow by Mihalyi Csikszentmihalyi <https://amzn.to/4lXdKZQ>

The man with the impossible name did wonders to help shape how we understand the state we experience when time seems to stand still. If you are interested in creating Mastery in your life, this book is for you.

Finding Flow by Mihalyi Csikszentmihalyi <https://amzn.to/4kNkzw4>

As an applied anthropologist, I really dig when someone offers ways to create real life application for scientific concepts. Finding Flow does just that. If you liked Flow, then this book is for you.

Grayson by Lynne Cox <https://amzn.to/44F7Rux>

This small read is one of my favorite books of all time. It's a sweet real story of a time that Lynne Cox found a small whale who had been separated from its mother while she was out swimming. If you have an afternoon at the beach and are looking for inspiration, take this one along.

Swimming to Antarctica by Lynne Cox <https://amzn.to/3TOGvvG>

I read this book while I was training for my first Waikiki Roughwater Swim (I competed in 7 over the course of 10 years) as I absolutely fell in love with open water swimming. Lynne's story is so incredibly empowering that when you get carried along her journey you feel like humans (women!) can do anything.

Becoming Supernatural by Dr. Joe Dispenza <https://amzn.to/3lwtu7M>

Ok Friends, lean in here. If you've followed me for a while you know just how much Dr. Joe Dispenza has changed my life. I don't take this recommendation lightly. If you are at all interested in using meditation to change your life, this is the book for you. This book outlines many of the concepts he teaches in his 7 day advanced workshops (again, lifechanging!)

Breaking the Habit of Being Yourself by Dr. Joe Dispenza <https://amzn.to/3GVYQ75>

This is a foundational book in Dr. Joe's collection. It will introduce you to the concepts he subscribes to in his work and will outline the process for beginning meditation. Read my comments under Becoming Supernatural as they are all the same here.

You Are The Placebo: Making Your Mind Matter by Dr. Joe Dispenza
<https://amzn.to/4o3ZrEI>

Dr. Joe is a master at aligning science with energetic responses that seem otherwise woo. If you are struggling with any kind of health condition this book will help with an understanding of just how powerful you are.

The Brain That Changes Itself by Norman Doidge, M.D. <https://amzn.to/44XD4rA>

This was the first book that I completed and immediately turned back to page one to re-read it. I read it early on in my exploration of neuroscience and it remains foundational in much that I teach today. I still revisit many of the studies outlined in this book as they provide excellent illustration of how we can evolve our brains.

The Four Spiritual Laws of Prosperity by Edwene Gaines <https://amzn.to/3GXo0SX>

I get that this is a quirky addition to the list. However, this was recommended to me by a former mentor, and I, in turn, recommend this book to many of my students. Edwene Gaines is a delightful sprite who has outlined four powerful ways for us to attract abundance into our lives. Her YouTube video on forgiveness is a must-watch.

Creative Visualization by Shakti Gawain <https://amzn.to/451pweN>

If you subscribe to my programs you know that I believe in the power of using visualization and mental rehearsal in creating our reality. Shakti Gawain introduced me to the concept of using visualization in a meditative state for maximum impact. Although this is an older book, it's still one of the gold standards in the field. Her line, "This or something better manifests for me now" is something I keep in my back pocket.

E-Squared: Nine Energy Experiments That Prove Your Thoughts Create Your Reality by Pam Grout <https://amzn.to/46Qk94y>

After I read Lynne McTaggart's The Intention Experiment, and learned about the foundation of how our thoughts could actually create our reality, I dove into learning more. This book is a fun way to put those theories to the test.

The Gratitude Diaries by Janice Kaplan <https://amzn.to/414C1F7>

Many years ago I went down a rabbit hole of studying the art and science of gratitude. Janice Kaplan provided me with a delightful leap into just what happens when you commit to the process. Her humor and full appreciation of the human condition make this an enjoyable and enlightening read.

Dispatches From the Republic of Otherness by Laura Kelly <https://amzn.to/4nYdBXR>

In full disclosure, Laura is one of my best friends. She never fails to delight me with her writing style and her adventurous life. As a mentor to both of my boys where she is a professor at The American University in Bulgaria, she proves the benefits of a life fully lived.

The Power of Full Engagement by Jim Loehr and Tony Schwartz <https://amzn.to/44TTvFs>
This is an older book, but so worth reading. There's a powerful lesson that comes from tapping into *all* of your energetic resources. Anyone looking to lead a high performance lifestyle will enjoy this read.

The Nature Principle: Reconnecting with Life in a Virtual Age by Richard Louv <https://amzn.to/3UI7T4z>
To know me is to know that trees are my people. So, it should come as no surprise that I love a book about connecting with nature as a response to our digital lives. This book makes for a wonderful gift for those who need the deep sigh of nature.

The Field: The Quest for the Secret Force of the Universe by Lynne McTaggart <https://amzn.to/4m5frED>
If you're at all interested in learning more about quantum physics, this is a must read. Lynne McTaggart is genius at making this otherwise challenging concept approachable and exciting. We truly do have the power of the Universe at our fingertips.

The Intention Experiment by Lynne McTaggart <https://amzn.to/4IWGQZT>
I think one of the best guides to make quantum physics accessible is Lynne McTaggart. As a former journalist, she does an excellent job of distilling complicated information and translating it into fascinating stories for the layperson. Learning from this book about the power of our intention to create reality has shaped me and my worldview tremendously. I recommend all of Lynne McTaggart's books, but I began with this one and I recommend it most often.

The Energy Codes: The 7-Step System to Awaken Your Spirit, Heal Your Body, and Live Your Best Life by Dr. Sue Morte <https://amzn.to/3Ixvcpv>
I am relatively new to Dr. Sue's work, but so far, everything she talks about aligns with my beliefs as they have been shaped by many other authors here. I'm looking forward to taking another pass at this one and diving more deeply into the concepts.

The Definitive Book of Body Language: The Hidden Meaning Behind People's Gestures and Expressions by Allan and Barbara Pease <https://amzn.to/3TPPH2Y>

It's fascinating, isn't it? To read other people's body language? I put a lot of stock into the leadership attributes of being able to "read a room" This book provides a great resource for anyone wanting to hone these skills.

A Whole New Mind: Why Right-Brainers Will Rule the Future by Daniel Pink

<https://amzn.to/4mp4dLt>

I love Daniel Pink's approach to using creativity in workplace settings. This is another older book, but one that I like to recommend for its approach to highlighting thought diversity in group settings.

The Happiness Trip: A Scientific Journey by Eduardo Punset <https://amzn.to/4m7KhMU>

In my exploration of using happiness to enrich your life, this book added to the breadth of studies and stories I collected. It's a good addition to any foray into increasing happiness. And really, who doesn't want that?!

The Happiness Project by Gretchen Rubin <https://amzn.to/3lwHm1R>

This is a delightful addition to studying happiness. You can just feel into the state as Gretchen Rubin takes you along her journey to uncover it for herself. If you're looking for an antidote to doomscrolling, read this one.

Outrageous Openness: Letting the Divine Take the Lead by Tosha Silver

<https://amzn.to/413oyxp>

I think I recommend this book more than any others on this list. I have so much to say about the art and science of surrender, not as a passive activity, but as an active connection with your desired outcomes. It takes some work, and Tosha Silver's guidance through the process is, well, divine.

It's Not Your Money: How to Live Fully from Divine Abundance by Tosha Silver

<https://amzn.to/4nWG6Fi>

This book takes the underlying principles from Outrageous Openness into your financial realm. While money doesn't seem like the area that you want to deploy the tools of surrender, Tosha Silver creates a compelling case of how to thread the needle between right action and right beingness.

Change Me Prayers: The Hidden Power of Spiritual Surrender by Tosha Silver

<https://amzn.to/4m8OPCO>

This companion piece to Outrageous Openness took me a minute to warm up to. But once I fully got the concept, I leaned into the list of affirmations provided in this book. So much so, that I also got the corresponding card deck that you can find here:

<https://amzn.to/45xCClj>

And if you like those, check out these as well (I enjoy both) <https://amzn.to/451a3g5>
I really do love Tosha Silver's work.

Start With Why: How Great Leaders Inspire Everyone to Take Action by Simon Sinek
<https://amzn.to/412uqXC>

Simon Sinek gets it. His approach to understanding how humans operate in positions of leadership and his ability to clearly articulate the power of getting to the bottom of motivation puts him in one of the highest categories of influential authors for me. I bought this book for all the attendees of my 3-day Enriching Your Workplace Culture Bootcamp as a foundational must-read.

Say it Well: Find Your Voice, Speak Your Mind, Inspire Any Audience by Terry Szuplat
<https://amzn.to/3JZslqY>

I had the esteemed privilege of hosting Terry Szuplat for a Q&A with leaders in my community. Not only is he a stand-up guy, but as a former speechwriter for Barak Obama, while he was in the White House, his lessons on how to give a wonderful speech are unparalleled.

The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle
<https://amzn.to/3IEAIXh>

I remember flipping through this book once as I was preparing to deliver a keynote and really leaning into the concept that The Eternal NOW is a precious moment indeed. The writing in this book has a depth that you can chew on for a while, and I recommend you do.

29 Gifts: How a Month of Giving Can Change Your Life by Cami Walker
<https://amzn.to/4kON8Jt>

Whenever one of my clients calls because the wheels have come off in their life I put them on a month-long giving plan to help them change their perspective and their outcomes. I learned this technique from this book by Cami Walker and I can tell you that the benefits have been replicated by hundreds of my clients with tremendous success.

Winning at Sales: How to Get So Good People Say "Thank You" for Letting Them Buy by Taylor A. Welch
<https://amzn.to/41keWOR>

I've been through a tremendous amount of sales training by some of the industry's leading experts and this book continues to be recommended. It contains enlightening concepts for the beginner and wonderful reminders if you are already a seasoned salesperson.

Leadership and the New Science by Margaret Wheatley <https://amzn.to/44YwTDV>

I received this book when I was CEO of a regional non-profit and it rocked my world! I first learned here that the institutions that we worked for and in were created by outdated levels of thinking that were holding back the leaders within. This book shaped much of how I think about workplace culture.

Other Recommendations:

Lark A1 lavalier microphone <https://amzn.to/3GFg8We>

This is a bomber mic for on-the-go recording. Since visibility is a big part of what I do, I always want to have a mic on hand for a last-minute reel, but I don't like the look of the fuzzy grey, Dead Cats that some mics have. Give this one a try.

MXL990 Microphone <https://amzn.to/44lwnLd>

I recently upped my game in the audio world and created a home studio for doing my own recording as well as submitting auditions for voice-over work. This equipment was recommended to me by voice over professionals, and it has worked swimmingly well.

Volt 1Interface <https://amzn.to/46huUga>

It took me a while to understand the concepts of phantom power, as needed by the MXL 990 mic, but now that I've got it, I recognize how helpful this all is in working together to create wonderful sound.

Mogami microphone cable <https://amzn.to/45dMsJ0>

I have learned that microphone cables are NOT an area that you want to skimp on, and Mogami are the gold standard. Don't overthink these, they're necessary.