

## **The Ultimate Booklist for Betterment**

These aren't just good reads. These are the books that shape how I coach, lead, parent, and partner. If you're in business, leading a team, or just trying to be a better human, these titles belong on your nightstand, your desk, or playing through your earbuds on the drive home. Every one of them has helped me show up with more clarity, more strength, and more heart. Now it's your turn.

### **Mindset & Mental Resilience**

- Man's Search for Meaning – Viktor Frankl

Written by a Holocaust survivor and psychiatrist, this book explores how we find purpose even in suffering. It reframes how we handle adversity and is a powerful tool for building resilience in leadership and life.

- The Mountain Is You – Brianna Wiest

This book helps uncover the root of self-sabotage and offers practical strategies to turn emotional roadblocks into stepping stones. Perfect for those wanting to step into their next chapter with clarity and self-trust.

- Mindset – Carol Dweck

A foundational read on how your beliefs shape your outcomes. Dweck unpacks fixed vs. growth mindset, showing how this shift can unlock potential across business, learning, and personal growth.

- Can't Hurt Me – David Goggins

A story of extraordinary mental toughness. Goggins' brutal honesty and relentless drive will challenge your limits and encourage you to question what you think you're capable of.

- The Way Forward – Robert O'Neill & Dakota Meyer

Written by two Navy SEALs, this is about overcoming fear, staying mission-focused, and leading under pressure. The parallels to business leadership and life decision-making are striking.

- Cleaning Up Your Mental Mess – Dr. Caroline Leaf

A guide to rewiring thought patterns and improving mental clarity. Ideal for high-functioning individuals who are ready to tame the internal chaos and make room for peace.

- The Practice of Groundedness – Brad Stulberg

This one's for those tired of the hustle. It's about slowing down to rise strong—anchoring success in calm, focus, and inner strength.

- The Coaching Habit – Michael Bungay Stanier

Simple, practical, and transformative. This book gives you the right questions to ask—especially useful if you lead, coach, or guide others.

## **Money, Leadership & Legacy**

- The Psychology of Money – Morgan Housel

It's not about numbers—it's about behavior. This book explores how our mindset around money is shaped by experience, emotion, and culture, and how better understanding leads to wiser decisions.

- Money, A Love Story – Kate Northrup

An empowering book for anyone healing their relationship with money. Northrup blends personal narrative with exercises to help readers feel more connected, secure, and in control financially.

- Give and Take – Adam Grant

This leadership classic flips the script on success by showing how generosity (done smartly) is a competitive advantage. It's an insightful guide for how to lead and build influence.

- Whatcha Gonna Do With That Duck? – Seth Godin

A punchy collection of short writings that challenge conventional thinking. It's a permission slip to lead, create, and take bold action.

## **Healing, Relationships & Humanity**

- The Body Keeps the Score – Bessel van der Kolk

A must-read on trauma and its impact on the brain and body. This book helps leaders and individuals understand why people react the way they do—and how healing works.

- Your Brain on Love – Stan Tatkin

A guide to understanding attachment, nervous system regulation, and communication in relationships. Whether you're leading a team or deepening a partnership, this helps.

- The Courage to Be Disliked – Ichiro Kishimi & Fumitake Koga

A philosophical but readable challenge to people-pleasing and approval-seeking. It's an invitation to live more freely and boldly.

- The Courage to Be Happy – Ichiro Kishimi & Fumitake Koga

A continuation of the previous book, this one delves deeper into taking full responsibility for your own joy and fulfillment.

- Daring Greatly – Brené Brown

Brené makes the case for vulnerability as a leadership strength. This book will challenge you to lead with your whole self.

- The Myth of Normal – Gabor Maté

Maté explores how modern life fosters dysfunction—and how we can reclaim health and authenticity. Essential for understanding burnout, stress, and what truly matters.

- Why We Sleep – Matthew Walker

This book will change how you value rest. Walker breaks down the science of sleep and its essential role in mental, physical, and emotional wellbeing.

- Outlive – Dr. Peter Attia

Focused on healthspan rather than just lifespan, this book bridges the gap between living long and living well. A call to take care of the asset—you.

## **Human Stories That Leave a Mark**

- Spare – Prince Harry

An intimate look into royalty, fame, and identity. It's a reminder that even a life of privilege doesn't guarantee peace—and that authenticity often requires risk.

- The Glass Castle – Jeannette Walls

Walls paints a vivid story of growing up in poverty with resilience and grit. This memoir will shift your understanding of strength and survival.

- Educated – Tara Westover

Westover's journey from an isolated, survivalist upbringing to earning a Cambridge PhD is breathtaking. It's a story about reclaiming your mind—and your future.

- From the Ashes – Jesse Thistle

A brutally honest memoir about addiction, Indigenous identity, and redemption. Thistle's story is about dignity, pain, and the possibility of a new path.