

Books

Mindfulness

Why Meditate? – Matthieu Ricard
Mindfulness – Joseph Goldstein
Mindfulness in Plain English – Bhante Gunaratana
At Home in the Muddy Water – Ezra Bayda
The Authentic Life – Ezra Bayda
Being Zen – Ezra Bayda
The Power of Now – Eckhart Tolle
The Mindfulness Solution – Ronald D. Siegel,
Mindfulness for Beginners – Jon Kabat-Zinn
Mindfulness and Psychotherapy – Christopher K. Germer,
Ronald D. Siegel, & Paul R. Fulton
The Blooming of a Lotus – Thich Nhat Hanh

Mindset ~ Mental Health

Learned Optimism – Martin Seligman
What You Can Change, and What You Can't – Martin Seligman
Radical Acceptance – Tara Brach
Love Is Letting Go of Fear – Gerald G. Jampolsky
Taming Your Gremlin: A Guide to Enjoying Yourself – Richard D. Carson
Being Happy – Andrew Matthews
The Upward Spiral – Alex Korb,
The Mindful Way through Anxiety – Susan M. Orsillo and Lizabeth
Roemer
The Mindful Way through Depression – Mark Williams, John Teasale,
Zindel Segal, and Jon Kabat-Zinn

Books

Personal & Professional Development

The Magic of Thinking Big – David Schwartz, Ph.D.
The Power of Positive Thinking – Norman Vincent Peale
As a Man Thinketh – James Allen
Think and Grow Rich – Napoleon Hill
Mindset: The New Psychology of Success – Carol S. Dweck, Ph.D.
Tools of Titans- Tim Ferriss
The Happiness Advantage – Shawn Achor
Executive Presence – Sylvia Ann Hewlett
The Obstacle is the Way – Ryan Holiday (also Stoicism)
The Success Principles – Jack Canfield
Finding the Space to Lead – Janice Marturano
Reinventing You – Dorie Clark
Entrepreneurial You – Dorie Clark

Stoicism

A Guide to The Good Life: The Ancient Art and Stoic Joy – William Irving
Meditations – Marcus Aurelius
The Daily Stoic – Ryan Holiday w/ Stephen Hanselman
The Daily Stoic Journal – Ryan Holiday w/Stephan Hanselman
Stoicism and the Art of Happiness – Donald Robertson

Books

Law of Attraction ~ Intentionality

The Secret – Rhonda Bryne

The Master Key System – Charles F. Haanel

The Law of Attraction: The Basics – Esther and Jerry Hicks

The Vortex – Esther and Jerry Hicks

Ask and It Is Given (Part 1)– Esther and Jerry Hicks

The Processes: (Part 2- Ask and It is Given) – Esther and Jerry Hicks

The Astonishing Power of Emotions – Esther and Jerry Hicks

Misc.

Gift from the Sea – Anne Morrow Lindbergh

The Prophet – Kahlil Gibran

The Yoga-Sutra of Patañjali – Chip Hartranft

The Secret Power of Yoga – Nischala Devi

The Life-Changing Habit of Tidying Up – Maria Condo