

Kev's reading list

Books

The Kindness Method - Shahroo Izadi

Sustainable change happens when we are kind to ourselves

Mindset The new psychology of Success - Carol Dweck ★

Importance of choosing a growth mindset. I was very much stuck on a fixed mindset.

The Art of Being Brilliant - Andy Cope/Andy Whittaker ★

The little book of emotional Intelligence - Andy Cope

The Untethered Soul - Michael Singer ★

One of my favourite books encouraging everyday mindfulness

The upside of stress - Kelly McGonigal

Stress is not bad for you per se, it's how you perceive it that can be bad for you!

Delivering Happiness - Tony Hseih

The story of how zappo's created their amazing work culture

The law of the garbage truck - David J Pollay

How not to become and garbage truck!

GRIT - Angela Duckworth

Legacy - James Kerr

Sane New World - Ruby Wax. Ruby has recovered from a mental breakdown and is passionate about the powerful health benefits of mindfulness. Armed with a masters from Oxford, she is touring the world and spreading the word!

Daring Greatly - Brene Brown How the courage to be vulnerable transforms the way we live, love. parent and lead. Amazing book! ★

https://www.ted.com/talks/brene_brown_on_vulnerability

Brene Brown - Braving the wilderness. Just finished this and it's fantastic! A must read.

Brene Brown. Dare to lead. Must read for any leader!

Brene Brown - Atlas of the heart - Mapping meaningful connection and the language of human experience

How to build the life you want - Arthur C Brooks, Oprah Winfrey

The Chimp Paradox - Dr. Steve Peters Understanding how to manage our chimps so that we can get more of what we want out of life. I use this model everyday day in my own life. It's one of the key things that has kept me well for 10 years. ★

The path through the jungle - Dr Steve Peters ★

Search inside yourself - Chade-Meng Tan Mindfulness and meditation

Triggers - Marshall Goldsmith How our external environment can sabotage us

The body keeps the score - Bessel van der Kolk

Leadership and Self Deception - The Arbinger Institute

The power of meaning - Emily Esfahani Smith

Man's search for meaning - Viktor Frankl Auschwitz survivor $E + A + R = O$ ★

The paradox of choice - Barry Schwartz

5 steps to a winning mindset - What sport can teach us about great leadership.
Damian Hughes

How to think like Alex Ferguson - Damien Hughes

The Barcelona Way - Unlocking the DNA of a winning culture. Damien Hughes

Resonate - Nancy Duarte This book is essential reading for anyone who wants to inspire action. A game changer and one I wish I had read when I was teaching!

Ingrid Fetell Lee - Power of Joy in the everyday https://www.ted.com/talks/ingrid_fetell_lee_where_joy_hides_and_how_to_find_it
https://www.ted.com/talks/ingrid_fetell_lee_where_joy_hides_and_how_to_find_it?language=en

The unexpected joy of the ordinary, The unexpected joy of being sober, The unexpected joy of being single - Catherine Gray

Be more pirate - Sam Conniff Allende

The Obstacle is the Way - Ryan Holiday ★

Stillness is the key - Ryan Holiday

More Myself - Alicia Keys

The Subtle Art of Not Giving a F*ck - Mark Manson

Fear Less - How to win at life without losing yourself. Dr Pippa Grange (psychologist to mens England football team)

Greenlights - Matthew McConaughey. Autobiography with great stories and lessons learned.

Why we sleep - Matthew Walker. Prioritising sleep during lockdown has had an unexpected and profound effect on my wellbeing. ★

Chatter. The voice in our head and how to harness it - Ethan Kross. Has featured on a recent 'Dont tell me the score' Podcast.

How to grow through what you go through - Jodie Carriss, Chance Marshall

Changing your story. 20 life lessons drawn from elite sport. - Bill Beswick

Atomic Habits - James Clear A truly brilliant book! ★

How to know a person - David Brooks

The myth of normal - Gabor Mate ★

The body keeps the score - Bessel van der Kolk ★

Leadership and self deception - Getting out of the box. The Arbinger Institute

Maybe you should talk to someone - Lori Gotleib

There is no wall - Allie Bailey

How to be the love you seek - Dr Nicole Le Pera

**Phil Stutz - Lessons for living (Check out Stutz on Netflix)
The Tools** ★

Unreasonable Hospitality - Will Guidara

The Anxious Generation - Jonathan Haidt

Your Pocket Therapist - Annie Zimmerman (excellent insta page)

A Therapeutic Journey - Alain de Botton

An Emotional Education - The School of Life

The Outrun - Amy Liptrot. An incredible journey recovering from alcohol addiction

The fearless organisation - Amy E. Edmondson. Exploring psychological safety

Mindfulness - [headspace.com](https://www.headspace.com)

Authentic Happiness is the hub of positive psychology based at the University of Penn. Check out the questionnaire centre and the character strengths survey in particular. There is one for kids too! <https://www.authentichappiness.sas.upenn.edu>

The Wealth Money Can't buy - Robin Sharma

Compete to Create - Dr. Michael Gervais and Pete Carroll

The Five Dysfunctions of a Team - Patrick Lencioni

When the body says no - Gabor Mate

4000 Weeks - Time management for mortals. Oliver Burkman

The Pyramid of Success - John Wooden ★

Shatterproof: How to thrive in a world of constant chaos (and why resilience is not enough) - Tasha Eurich

Tiny Experiments: How to live freely in a goal obsessed world - Anne-Laure Le Cunff

Strong Ground: The lessons from daring leadership the tenacity of paradox and the wisdom of the human spirit - Brene Brown ★

The Uncertainty Toolkit - Sam Conniff and Katherine Templar Lewis ★

★ These books have had the biggest impact on me

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