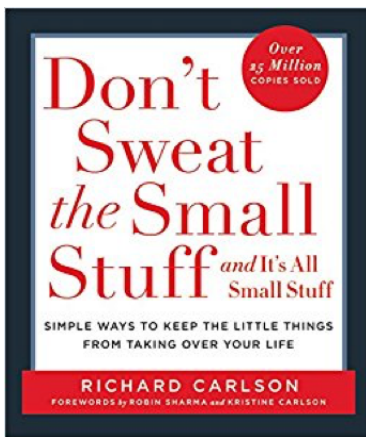


Book & Podcast Recommendations

BOOKS

1. Don't Sweat the Small Stuff and It's All Small Stuff: Richard Carlson



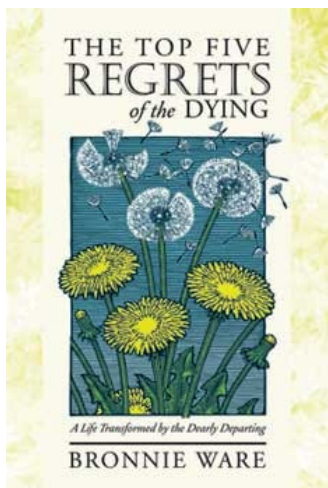
This book tells you how to keep from letting the little things in life drive you crazy.

Author Richard Carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life. Learn to put things into perspective by making small daily changes, including advice such as "choose your battles wisely"; "remind yourself that when you die, your 'in' box won't be empty"; and "make peace with imperfection."

You'll also learn how to:

- Live in the present moment
- Let others have the glory at times
- Lower your tolerance to stress
- Trust your intuitions
- Live each day as it might be your last

2. The Top Five Regrets Of The Dying: Bronnie Ware



An inspiring memoir that teaches us to apply the lessons learned by those nearing their death to our own life.

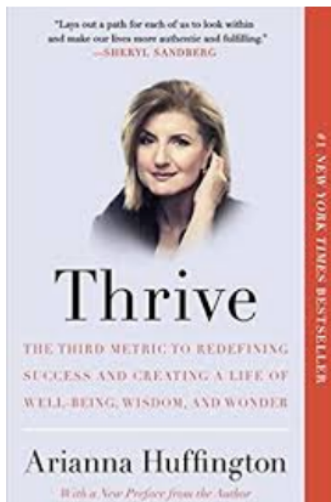
This book shows us that it is possible, if you make conscious choices, to die with peace of mind.

"The peace each of these dear people found before their passing is available now, without having to wait until your final hours. You have the choice to change your life, to be courageous, to live a life true to your heart, one that will see you pass without regret."

— Bronnie Ware, *The Top Five Regrets of the Dying*

BOOKS

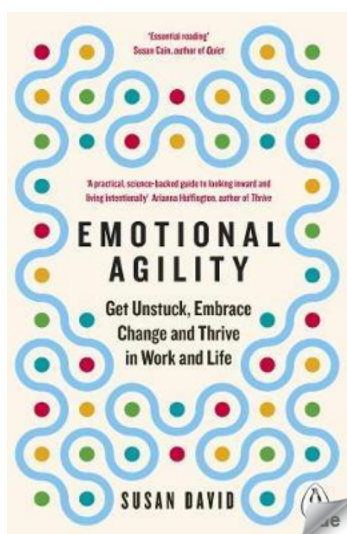
3. Thrive: Arianna Huffington



An inspiring & relatable book, written by Huffington Post creator Arianna Huffington

Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters—of juggling business deadlines and family crises, a harried dance that led to her collapse and to her “aha moment.”

4. Emotional Agility: Dr Susan David



We've already mentioned Dr Susan David in the MeTime Challenge - here you can dig into her amazing research!

Susan David PhD, is a psychologist and faculty member at Harvard Medical School, she has pioneered a new way to enable us to make peace with our inner self, achieve our most valued goals, make real change, and live life to the fullest.

Susan David has found that emotionally agile people experience the same stresses and setbacks as anyone else. The difference is the emotionally agile know how to unhook themselves from unhelpful patterns, and how to create values-based success with better habits and behaviours. Emotional Agility describes a new way of living and relating to yourself and the world around you.

PODCASTS - that look after YOU!

A great little list to either start or expand your podcast addiction! Podcasts are the perfect way to upskill, relax, consume or educate yourself on new and interesting topics. The best bit - you can listen in the car, at home, on the bus or train - wherever you have your phone & some time!!

Oprah - Super Soul Sundays

Hear Oprah's personal selection of her interviews with thought-leaders, best-selling authors, spiritual luminaries, as well as health and wellness experts. You can't go past the Maya Angelou interviews!!! **CLICK HERE**

The Marie Forleo Podcast

Marie and her guests share actionable strategies for greater happiness, success, motivation, creativity, productivity, love, health, contribution and fulfillment – often with a lot of laughs. **CLICK HERE**

Onbeing Podcast - with Krista Tippett

Krista explores the animating questions at the center of human experience: What does it mean to be human? How do we want to live? How to love? How to be of service to each other and the world? **CLICK HERE**

Want even more???

CLICK HERE