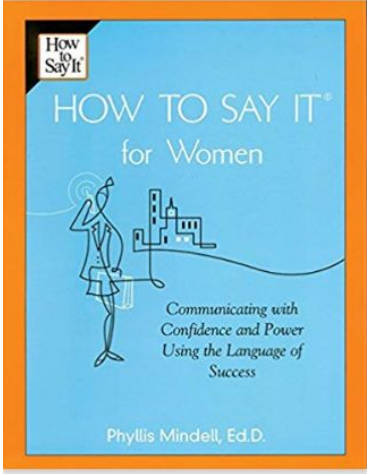
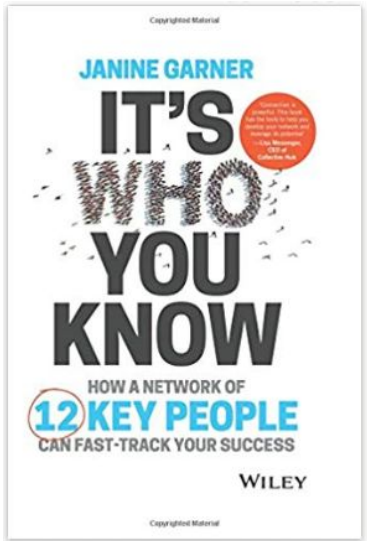
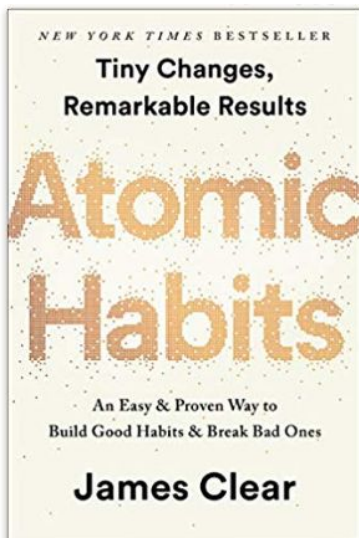


## My Top Reads 2019

Book	About the book	What I loved about this book
 <p><a href="#">How To Say It for Women</a> by <a href="#">Phyllis Mindell</a></p>	<p>An expert on professional communications teaches women how to transform themselves by shedding weak phrases, gestures and words, in order to command respect, motivate, establish authority, and make a difference.</p>	<p>I love the way Dr Mindell provides a reframe on the traditional communication methods partnered with case studies and templates which make it easy to implement.</p> <p>Her reframe of only using 'I' when we own it (the issue etc) is an incredibly simple and yet powerful way to lift our communication to another level.</p>
 <p><a href="#">IT'S WHO YOU KNOW: HOW A NETWORK OF 12 KEY PEOPLE CAN FAST-TRACK YOUR SUCCESS</a> By <a href="#">Janine Garner</a></p>	<p><b>Meet the twelve people that can accelerate your success – in business and in life</b></p> <p><i>It's Who You Know</i> is the long-awaited handbook to effective, productive and influential networking. Having the right relationships is more important than ever before, but digital connectivity and social media has changed the landscape. Social media has made networking easy, but has it made it better? In an age of digital disconnect, having the right relationships is more important than ever before with more and more of us reporting we feel disconnected from social media. Networking is no longer about collecting business cards and meeting thousands of people online or offline; it's about knowing the <i>right</i> people, and nurturing those relationships. You only need 12 – or even just four. Approached strategically, this comparatively small network will provide the strength, diversity and opportunities to help you achieve your personal and professional goals. This book shows you who you need to know, how to get to know them and how to make value a two-way street.</p>	<p>Janine Garner's book is practical, insightful and packed with strategies to implement which I always appreciate.</p> <p>I have experienced a huge return on taking the time to map out my 12 key people across her 4 categories. Having done this work guided by the lessons in the book, made a very difficult time less stressful due to already knowing who to connect with to refer on work at short notice.</p> <p>The check lists turn this book from an interesting read to mentoring experience.</p>



[Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones](#)  
By James Clear

*Tiny Changes, Remarkable Results*

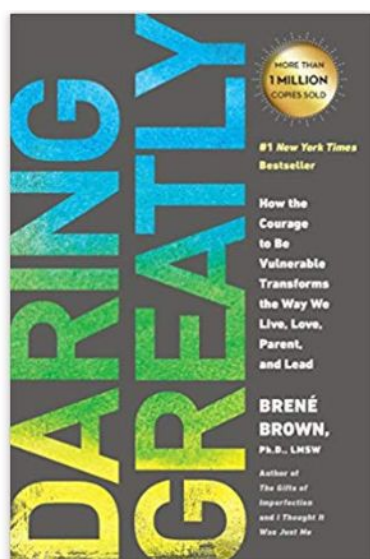
No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results.

If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights.

This is one of my favourite books to read and re-read.

The principle of applying the habits incrementally at 1% is achievable and easy to action.

It's worth having nearby because you will want to refer to it again and again.



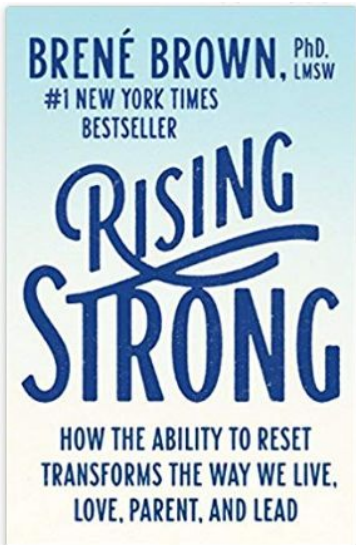
[Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead](#)  
By Brené Brown

Daring Greatly is not about winning or losing. It's about courage. In a world where "never enough" dominates and feeling afraid has become second nature, vulnerability is subversive. Uncomfortable. It's even a little dangerous at times. And, without question, putting ourselves out there means there's a far greater risk of getting criticized or feeling hurt. But when we step back and examine our lives, we will find that nothing is as uncomfortable, dangerous, and hurtful as standing on the outside of our lives looking in and wondering what it would be like if we had the courage to step into the arena—whether it's a new relationship, an important meeting, the creative process, or a difficult family conversation. Daring Greatly is a practice and a powerful new vision for letting ourselves be seen.

By Daring Greatly we tap into our courage, forgetting the unhelpful hook and seduction of building confidence.

Brené Brown's work is inspirational, backed by research and actionable.

What's not to love!



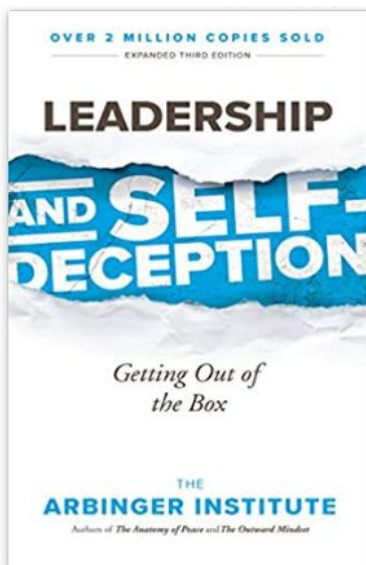
[Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead](#)  
By Brené Brown

Walking into our stories of hurt can feel dangerous. But the process of regaining our footing in the midst of struggle is where our courage is tested and our values are forged. Our stories of struggle can be big ones, like the loss of a job or the end of a relationship, or smaller ones, like a conflict with a friend or colleague. Regardless of magnitude or circumstance, the rising strong process is the same: We reckon with our emotions and get curious about what we're feeling; we rumble with our stories until we get to a place of truth; and we live this process, every day, until it becomes a practice and creates nothing short of a revolution in our lives. Rising strong after a fall is how we cultivate wholeheartedness. It's the process, Brown writes, that teaches us the most about who we are.

An invaluable resource to help you Rise Stronger, combining this with Atomic Habits gives the space for the remarkable changes to become real in our lives, the ones we yearn for or those ones we do not yet realise we yearn for.

I love this book because it helps us to do the hard work of being honest with ourselves and our processes, to question the stories we run and re-run.

Keep this on your shelf.



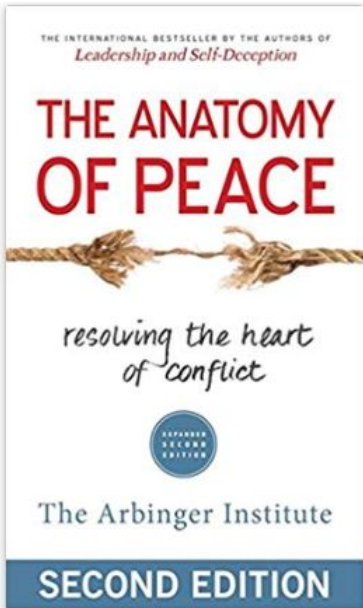
[Leadership and Self-Deception: Getting Out of the Box](#)  
By The Arbinger Institute

Leadership and Self-Deception uses an entertaining story everyone can relate to about a man facing challenges at work and at home to expose the fascinating ways that we blind ourselves to our true motivations and unwittingly sabotage the effectiveness of our own efforts to achieve happiness and increase happiness. We trap ourselves in a "box" of endless self-justification. Most importantly, the book shows us the way out. Readers will discover what millions already have learned--how to consistently tap into and act on their innate sense of what's right, dramatically improving all of their relationships.

This is one of my staples and all-time favourites. I have been recommending this book since it was first published in 2000.

For anyone who is in relationships with other human beings, this is a much read! That is all of us.

Applying the methodology and principals to our personal and professional lives brings great returns.



[The Anatomy of Peace: Resolving the Heart of Conflict by The Arbinger Institute](#)

What if conflicts at home, conflicts at work, and conflicts in the world stem from the same root cause?

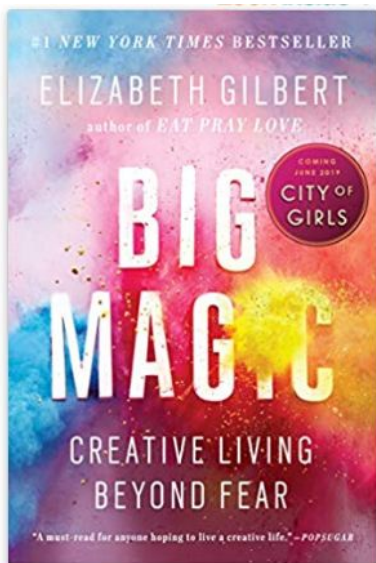
What if we systematically misunderstand that cause?

And what if, as a result, we systematically perpetuate the very problems we think we are trying to solve?

Every day.

From the authors of Leadership and Self-Deception comes an international bestseller that instills hope and inspires reconciliation. Through a moving story of parents who are struggling with their own children and with problems that have come to consume their lives, we learn from once-bitter enemies the way to transform personal, professional, and global conflicts, even when war is upon us.

Another gem by the Arbinger Institute. After reading Leadership and Self Deception, add this one to your must-read list.



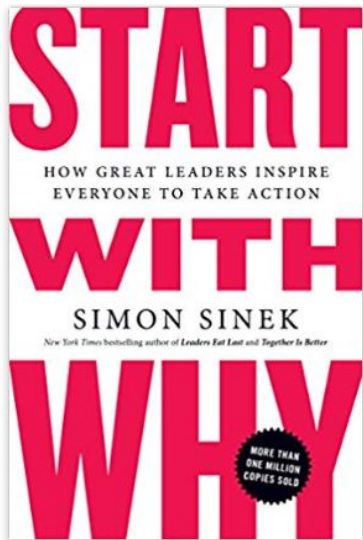
[Big Magic: Creative Living Beyond Fear By Elizabeth Gilbert](#)

Readers of all ages and walks of life have drawn inspiration and empowerment from Elizabeth Gilbert's books for years. Now this beloved author digs deep into her own generative process to share her wisdom and unique perspective about creativity. With profound empathy and radiant generosity, she offers potent insights into the mysterious nature of inspiration. She asks us to embrace our curiosity and let go of needless suffering. She shows us how to tackle what we most love, and how to face down what we most fear. She discusses the attitudes, approaches, and habits we need in order to live our most creative lives. Balancing between soulful spirituality and cheerful pragmatism, Gilbert encourages us to uncover the "strange jewels" that are hidden within each of us. Whether we are looking to write a book, make art, find new ways to address challenges in our work, embark on a dream long deferred, or simply infuse our everyday lives with more mindfulness and passion, Big Magic cracks open a world of wonder and joy.

Big Magic helps me to dream and then to implement the important aspects into my life.

In her writing, Elizabeth Gilbert ignites a creativity for her readers that we may not have realised was within us.

A wonderful book to immerse yourself in, that dives deep helping to peel away the layers of distractions in our lives.



[Start with Why: How Great Leaders Inspire Everyone to Take Action](#)  
By [Simon Sinek](#)

START WITH WHY shows that the leaders who've had the greatest influence in the world all think, act, and communicate the same way -- and it's the opposite of what everyone else does. Sinek calls this powerful idea The Golden Circle, and it provides a framework upon which organizations can be built, movements can be led, and people can be inspired. And it all starts with WHY.

Iconic. Simon Sinek connects what we want to do in the work with who we want to be, how we want to show up and what's important about this to us.

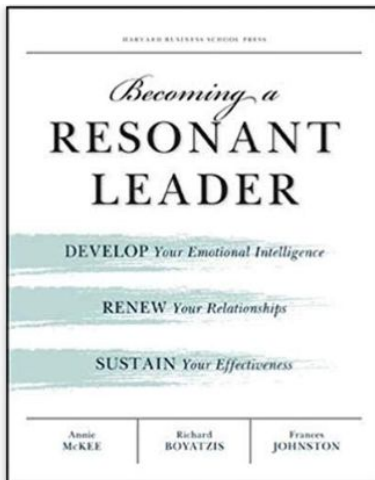


[Crucial Confrontations: Tools for Resolving Broken Promises, Violated Expectations, and Bad Behavior](#)  
By [Kerry Patterson, Joseph Grenny, Ron McMillan and Al Switzler](#)

Everyone knows how to run for cover, or if adequately provoked, step up to these confrontations in a way that causes a real ruckus. That we have down pat. Crucial Confrontations teaches you how to deal with violated expectations in a way that solves the problem at hand, and doesn't harm the relationship--and in fact, even strengthens it.

Crucial Confrontations borrows from twenty years of research involving two groups. More than 25,000 people helped the authors identify those who were most influential during crucial confrontations. They spent 10,000 hours watching these people, documented what they saw, and then trained and tested with more than 300,000 people. Second, they measured the impact of crucial confrontations improvements on organizational and team performance--the results were immediate and sustainable: twenty to fifty percent improvements in measurable performance.

Love love love this book, practical frameworks that demands us to step into courage and leave behind our comfort zones.



[Becoming a Resonant Leader: Develop Your Emotional Intelligence, Renew Your Relationships, Sustain Your Effectiveness by Annie McKee, Richard E. Boyatzis, and Fran Johnston](#)

Practical and inspiring, *Becoming a Resonant Leader* is your hands-on guide to developing emotional intelligence, renewing and sustaining yourself and your relationships, and taking your leadership to a whole new level. This book is ideal for anyone seeking personal and professional development and for consultants, coaches, teachers, and faculty to use with their clients or students.

This book is never far from my grasp.

Why I recommend this to my clients and friends is that the many templates and exercises in the book help the reader to explore and implement the theories and methods into our own lives.