



Positive Living Skills Recommended reading list

These are just some of the publications that have inspired our personal and professional lives and our PLS programs.

Author	Title	Link for more information
Anderson, James	The Agile Learner: Where growth mindset, habits of mind, and practise unite	https://www.jamesanderson.com.au/
Bailey, Chris	Hyperfocus	https://chrisbailey.com/
Bernstein, Gabrielle	The Universe has your back, Spirit Junkie	https://gabbybernstein.com/
Bryant, Andrew and Kazan, Ann	Self-Leadership: How to Become a More Successful, Efficient, and Effective Leader from the Inside Out	https://www.selfleadership.com/
Clear, James	Atomic Habits	https://jamesclear.com/
Coelho, Paulo	The Alchemist	https://www.amazon.com.au/Alchemist-Paulo-Coelho/dp/0061122416
Dispenza, Joe	You are the placebo	https://drjoedispenza.com/
Emmons, Robert. A	Gratitude Works. A 21-Day Program for Creating Emotional Prosperity	https://greatergood.berkeley.edu/profile/robert_emmons
Eckhart Tolle	The Power of Now	https://eckharttolle.com/
Gethin, Anni and Macgregor, Beth	Helping your baby to sleep: Why gentle techniques work best	http://www.bethmacgregor.com/
Goggins, David	Can't Hurt me	https://davidgoggins.com/book/

Hanson, Rick	Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness	https://www.rickhanson.net/
Hicks, Esther	The Astonishing Power of Emotions	https://www.abraham-hicks.com/book-excerpt-the-astonishing-power-of-emotions/
Jeffers, Susan	Feel the fear and do it anyway	https://susanjeffers.com/
Johnson, Dr. Spencer	Who moved my cheese?	https://www.amazon.com.au/Move-d-Cheese-Spencer-M-D-Johnson/dp/0091816971
Love, Zara and Troy	What is a Nuff?	https://www.greataalk.com.au/
Orlick, Terry PhD	Embracing Your Potential: Steps to Self-Discovery, Balance, and Success in Sports, Work, and Life In Pursuit of Excellence: How to Win in Sport and Life Through Mental Training Positive Living Skills: Joy and Focus for Everyone	http://www.zoneofexcellence.ca/
Robbins, Anthony	Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical, and Financial Destiny	https://www.tonyrobbins.com/
Robbins, Mel	The 5 second Rule The High Five Habit	https://www.melrobbins.com/
Ruiz, Miguel	The Fifth Agreement	https://www.miguelruiz.com/
Seligman, Martin	Authentic Happiness	https://www.pursuit-of-happiness.org/history-of-happiness/martin-seligman-psychology/
Sharma, Robin	The 5am Club	https://www.robinsharma.com/

Sutton, Kari	Raising a mentally fit generation: Science-based tools and strategies to build resilience and wellbeing in our kids	https://karisutton.com/
Shetty, Jay	Think Like a Monk	https://jayshetty.me/
Tracey, Brian	Eat that Frog: Get more of the important things done today	https://www.briantracy.com/
Tyrrell, Karen	Bailey beats the blah	http://www.karentyrrell.com/
Winfrey, Oprah	What I know for sure	https://www.oprah.com/spirit/the-top-20-things-oprah-knows-for-sure
Young, Karen	Hey Warrior Hey Awesome Dear YOU, love from your BRAIN	https://www.heysigmund.com/

www.positivelivingskills.com.au

