

PERSONAL DEVELOPMENT RECOMMENDATIONS

Read 10 pages per day AND listen to 10 min of motivation per day.

Podcast Suggestions:

Team Beachbody Coach (Beachbody's National Wake Up Call)

The Platinum Edge (Christine Dwyer)

Inside Shakeology (Beachbody Corporate)

Build Your Tribe (Chalene Johnson)

Book Recommendations:

- 1) Slight Edge Secret of a Successful Life – Jeff Olson
- 2) Magic of Thinking Big - David Schwartz.
- 3) Eat the Frog - Brian Tracy
- 4) Think and Grow Rich - Napoleon Hill
- 5) Communication Plus-How to Speak So People Will Listen - Florence Littauer
- 6) The Choice - Og Mandino
- 7) Crush It -Gary Vaynerchuk
- 8) Winner Within - Pat Riley
- 9) Master Plan of Evangelism -Robert Coleman
- 10) Art of Exceptional Living - Jim Rohn
- 11) Lead the Field - Earl Nightengale
- 12) Success System That Never Fails - William Clement Stone
- 13) The Shack- William P. Young

- 14) One Minute Manager - Ken Blanchard
- 15) Maximum Achievement - Brian Tracy
- 16) Developing the Leader Within You John Maxwell
- 17) Personality Plus Flourence Littauer
- 18) How to Win Friends and Influence People Dale Carnegie
- 19) Greatest Miracle in the World Og Mandino
- 20) Bringing Out the Best in People Alan Loy McGinnis
- 21) Developing the Leaders Around You John Maxwell
- 22) Go Getter Peter Kyne
- 23) Confidence: How to Succeed at Being Yourself Alan Loy McGinnis
- 24) Millionaire Next Door Thomas J. Stanley
- 25) Sales Superstar: 21 Great Ways to sell more Brian Tracy
- 26) 360 Degree Leader
- 27) As a Man Thinketh - James Allen
- 28) PUSH by Chalene Johnson
- 29) No Excuses: The Power of Self-Discipline - Brian Tracy
- 30) Go Pro by Eric Worre
- 31) People Follow You - Jeb Blount
- 32) Succeed: How We Can Reach Our Goals - Heidi Halvorson
- 33) Start: Punch Fear in the Face. Escape Average. Do Work that Matters - Jon Acuff
- 34) The 7 Habits of Highly Effective People
- 35) Tribes - Seth Goden