**Book Recommendations**

**Thrive**, Arianna Huffington. A great read. Jammed with scientific studies at the back on the importance of sleep. If you need a kick in the butt to change your sleep habits or think sleeping for 7 to 9 hours is for sissies, you should go now and get this book. We don’t need to suffer to be successful, we just need to sleep a bit more!

**Search Inside Yourself**, Chade-Meng Tan. This is a great book. The author comes across as a bit silly, which just happens to be the acronym for the company he now is Chairman of Board of, Search Inside Yourself Leadership Institute (SIYLI). It’s lighthearted with a lot of very valuable insight into mindfulness. This would be a great introduction and practical guide to being more mindful. He wants to help achieve world peace by sharing mindfulness to more and more people. A target that is great for business! And the fact is a more mindful world would be a more peaceful world!

**Mindset**, Carol Dweck. It’s easy to say, “oh ya, I’ve got a good mindset” but this book really gets to the heart of how we think. Growth mindset and fixed mindset. If these were vectors on a graph of a life well lived, the trajectory of growth mindset is a much better line to be on! Also, great for parents and teachers. Ok, everybody. if you have a fixed mindset, well … fix it and move to growth.

**MUSE,** The Brain Sensing Headband. “MUSE: the brain sensing headband is a brain fitness tool that measures brain signals much like a heart rate monitor senses your heartbeat.” I have used MUSE since April 2017 and think it is a pretty amazing piece of technology. The main thing I get from it is that it shows in graph form, after a mediation period, when my mind is calm and when I’ve been distracted. It is as advertised, a great brain fitness tool.

**Mindful Leadership**. Maria Gonzalez. This is really well written, easy to follow and relatively short (187 smallish pages) book on Maria’s 30 years of experience in consulting and business leaders using mindfulness as the core skill set. Over 15 chapters, Maria writes about 9 ways mindful ness can be very impactful to effective lead3rship. A very practical and useful book for seeing how mindfulness works on business.

**The Mindful Leader**, Michael Bunting. This book comes with a free downloadable workbook and other resources. I have lots of page corners folded back and highlights. A broad and very compelling look at mindfulness in business and life. I was really inspired by this book and intend to go through the notes and highlights again. Also, check out his discussion (or on the internet) of B Corps. B Corps are for-profit companies certified by the non-profit BLab to meet rigorous standards of social and environmental performance, accountability and transparency.

**Mindful Work**, David Gelles. A great book about the beginnings of mindfulness at work, what it is and the attributes. This is a well-received book, easy to read, has some important related science and stories of mindfulness at work in the business world.

**When The Body Says No**. Gabor Mate, MD. This is a fascinating book on the hidden cost of stress. He discusses at length the relationship between stress and health. He uses a quote from a Wood Allen character to speak to the cost of stress, “I never get angry, I grow a tumour instead.” This was for me a real eye opener to the world of consequences of stress on health in later years.

**Source: The Secrets of the Universe, the Science of the Brain.** By Tara Swart

**Into The Magic: A Neurosurgeon’s Quest to Discover the Mysteries of the Brain and the Secrets of the Heart**. Dr. James Doty’s personal experience is the driving force behind his work around compassion and his vision of creating a more compassionate world.

**Into the Magic Shop**. Dr. James Doty. Neurosurgeon James Doty has written a heartwarming tale of courage and compassion and is a is a captivating journey of discovery.

**Courting the Wild Twin**, by Martin Shaw

**The Happiness Project** by Gretchen Rubin

**Big Magic: Creative Living Beyond Fear** by Elizabeth Gilbert