



## Personal Coaching Resources: Reading List

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Here is a book (or two!) on different areas of life that inspired us, taught us something new, or challenged our thinking.  
Let us know what you are reading!

### Health

**You on a Diet** (2006) Drs Oz Mehmet & Michael Roizen New York: Free Press  
*Sensible, sustainable diet and lifestyle advice.*

### Finance

**Rich Dad Poor Dad** (2010) Robert Kiyosaki New York: Warner Books  
*Not about getting super rich super quick. Changes your outlook on money in securing your financial freedom. Spawned a plethora of not so good Rich Dad Poor Dad books after this.*

### Personal Growth

**Seven Habits of Highly Effective People** (1989) Stephen Covey London: Simon & Schuster  
*Ever popular book synthesizing success literature.*

### Relationships

**The Seven Principles of Marriage** (1999) John Gottman & Nan Silver London: Orion  
Based on research conducted over many years – fascinating read.  
**Social Intelligence** (2006) Daniel Goleman New York: Random House  
*Explains social relationships from the point of view of neuroscience.*

### Work

**The Why of Work** (2010) Dave & Wendy Ulrich New York: McGraw Hill  
*Updating what motivates us at work.*

### P-leisure

**The Joy Diet** (2003) Martha Beck New York: Crown Publishers  
*Simple, yet powerful book on enjoying life.*

### Happiness

**Positivity** (2009) Barbara Frederickson New York: Random House  
*Readable book on recent research on positive emotions and their impact on life.*

### Coaching

**Co-active® Coaching** (2007) Laura Whitworth, Henry & Karen Kimsey-House, Phillip Sandahl  
*A classic text for coaches, but useful for anyone wanting to understand this style of coaching. New edition out soon.*

### Summaries

**50 Psychological/Success/Spiritual Classics** Tom Butler Bowden London: Nicolas Brealey  
*Useful summary/reviews of classics that enable you to decide what to explore further - before buying the book.*

**Antidotes** – read critically and develop a balanced viewpoint ...

**SHAM** (2005) Steve Salerno London: Nicolas Brealey *Puts Self Help & Actualisation Movement into perspective.*

**I'm Dysfunctional; You're Dysfunctional** (1993) Wendy Kaminer *Witty, thought provoking critique of self-help movement.*

**Smile or Die** (2010) Barbara Ehrenreich London: Granta *Does positive thinking cause anguish for those with life threatening illness?*

**Bad Science** (2009) Ben Goldacre London: Harper Collins *Doctor/writer advises on how to sensibly read medical research.*