

READING

8 MINUTE ACTIVITY

MINDSET ACTIVITY

"Readers are leaders". These days I listen to most books on Audible at 1.25 speed, and buy them on Kindle (so I always have a book on the go). Everyone is different do what works for you! Choose from one of the books below or from one you already have and read it for at least 8-mins a day.



5 Books we recommend:

Deep Work by Cal Newport proposes that we have lost our ability to focus deeply and immerse ourselves in a complex task, showing you how to cultivate this skill again and focus more than ever before with four simple rules.*

The Subtle Art Of Not Giving A F*ck by Mark Manson does away with the positive psychology craze to instead give you a Stoic, no bullshit approach to living a life that might not always be happy, but meaningful and centered only around what's important to you.*

Who Moved My Cheese by Dr. Spencer Johnson tells a parable, which you can directly apply to your own life, in order to stop fearing what lies ahead and instead thrive in an environment of change and uncertainty.*

The 5 Second Rule by Mel Robbins is a simple tool that undercuts most of the psychological weapons your brain employs to keep you from taking action, which will allow you to procrastinate less, live happier and reach your goals.*

The Big Leap by Gay Hendricks is about changing your overall perspective, so you can embrace a philosophy that'll help you achieve your full potential in work, relationships, finance, and all other walks of life.*

*The full Four-minute book reviews can be found at fourminutebooks.com