

**Kev's reading list** (My personal favourites are in bold)



## **Books**

### **The Kindness Method - Shahroo Izadi**

Sustainable change happens when we are kind to ourselves

### **Mindset The new psychology of Success - Carol Dweck**

Importance of choosing a growth mindset. I was very much stuck on a fixed mindset.

### **The Art of Being Brilliant - Andy Cope/Andy Whittaker**

### **Be Brilliant Everyday - Andy Cope/Andy Whittaker**

### **The little book of emotional Intelligence - Andy Cope**

### **The little book of being brilliant - Andy Cope**

How to be a brilliant teenager - A Cope

### **Shine - Andy Cope, Gavin Oates**

Diary of a brilliant kid - Andy Cope

### **How to be a Well Being - Andy Cope, Jim Poulipoulos, Sanjeev Sandhu**

### **The Untethered Soul - Michael Singer**

One of my favourite books encouraging everyday mindfulness

The upside of stress - Kelly McGonigal

Stress is not bad for you per se, it's how you perceive it that can be bad for you!

Delivering Happiness - Tony Hseih

The story of how zappo's created their amazing work culture

The law of the garbage truck - David J Pollay

How not to become and garbage truck!

GRIT - Angela Duckworth

### **Legacy - James Kerr** (Where the quote about the all blacks came from)

Sane New World - Ruby Wax Ruby has recovered from a mental breakdown and is passionate about the powerful health benefits of mindfulness. Armed with a masters from Oxford, she is touring the world and spreading the word!

**Daring Greatly - Brene Brown** How the courage to be vulnerable transforms the way we live, love. parent and lead. Amazing book!

[https://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability](https://www.ted.com/talks/brene_brown_on_vulnerability)

Brene Brown - Braving the wilderness. Just finished this and it's fantastic! A must read.

Brene Brown. Dare to lead. Must read for any leader!

**NEW! Brene Brown - Atlas of the heart - Mapping meaningful connection and the language of human experience**

**The Chimp Paradox - Dr. Steve Peters** Understanding how to manage our chimps so that we can get more of what we want out of life. I use this model everyday day in my own life. It's one of the key things that has kept me well for 10 years.

### **The path through the jungle - Dr Steve Peters**

Search inside yourself - Chade-Meng Tan Mindfulness and meditation

Triggers - Marshall Goldsmith How our external environment can sabotage us

Option B - Facing adversity, building resilience and finding joy - Sheryl Sandberg

Lykke - Meik Wiking. The Danish search for the world's happiest people.

The power of meaning - Emily Esfahani Smith

**Man's search for meaning - Viktor Frankl** Auschwitz survivor  $E + A + R = O$

### **The paradox of choice - Barry Schwartz**

5 steps to a winning mindset - What sport can teach us about great leadership. Damian Hughes

How to think like Alex Ferguson - Damien Hughes

The Barcelona Way - Unlocking the DNA of a winning culture. Damien Hughes

**Resonate - Nancy Duarte** This book is essential reading for anyone who wants to inspire action. A game changer and one I wish I had read when I was teaching!

Ingrid Fetell Lee - Power of Joy in the everyday [https://www.ted.com/talks/ingrid\\_fetell\\_lee\\_where\\_joy\\_hides\\_and\\_how\\_to\\_find\\_it](https://www.ted.com/talks/ingrid_fetell_lee_where_joy_hides_and_how_to_find_it)  
[https://www.ted.com/talks/ingrid\\_fetell\\_lee\\_where\\_joy\\_hides\\_and\\_how\\_to\\_find\\_it?language=en](https://www.ted.com/talks/ingrid_fetell_lee_where_joy_hides_and_how_to_find_it?language=en)

The unexpected joy of the ordinary, The unexpected joy of being sober, The unexpected joy of being single - Gathering Gray

### **Be more pirate - Sam Conniff Allende**

**The Obstacle is the Way - Ryan Holiday**

**Stillness is the key - Ryan Holiday**

### **More Myself - Alicia Keys**

Permission to feel - Professor Marc Brackett

### **The Myth of Normal - Gabor Mate**

**Fear Less - How to win at life without losing yourself. Dr Pippa Grange** (psychologist to mens England football team)

Greenlights - Matthew McConaughey. Autobiography with great stories and lessons learned.

**Why we sleep - Matthew Walker.** Prioritising sleep during lockdown has had an unexpected and profound effect on my wellbeing.

**Chatter. The voice in our head and how to harness it - Ethan Kross.** Has featured on a recent 'Dont tell me the score' Podcast.

**How to grow through what you go through - Jodie Carriss, Chance Marshall**

**Changing your story. 20 life lessons drawn from elite sport. - Bill Beswick**

**Atomic Habits - James Clear** A truly brilliant book!

## **Mindfulness**

[headspace.com](https://www.headspace.com)

Authentic Happiness is the hub of positive psychology based at the University of Penn. Check out the questionnaire centre and the character strengths survey in particular. There is one for kids too!

<https://www.authentic happiness.sas.upenn.edu>

## **Podcast**

How to fail - Elizabeth Day

Don't tell me the score - Simon Mundie. Check out the Bill Beswick episode

Expert on Expert - Dax Shepherd

**Unlocking Us - Brene Brown**

**Dare to lead - Brene Brown. I especially like the episode with Susan David on emotional agility, Priya Parker "How we return and why it matters" and Regret with Dan Pink**

High Performance Podcast with Jake Humphrey and Professor Damien Hughes

**A bit of optimism - Simon Sinek**

## **Video**

Three secrets of resilient people - Lucy Hone. TEDx Christchurch

Prince EA - Everybody dies but not everybody lives

**How to manage uncertainty - Sam Conniff Youtube**

Gratitude HD

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