

# **MINDSET BOOK LIST**

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**if DIETS  
DON'T WORK,  
WHAT DOES?**

Dear Reader,

Not every book is for everyone. The books I will share with you here are simply recommendations. Just because they were life changing for me, doesn't mean they will have the same effect on you. Coming to the right book at the right time for you will matter more than what I thought of the book at the time I read it. So while each book listed here could be life changing for you, only you can know. I encourage you to read over the list and follow the ones that pique your interest the most. What you are curious, and excited about the most will surely lead you to the next best stepping stone for you.

We don't know what we don't know. That is, until we're willing to step out of our comfort zone and into our learning zone to see what there is to see. There are different ways of thinking about life, about health, about the power of our thoughts, and about our ability to make changes that could make all the difference for you. It's all about if and when you are ready to receive it.

I hope one or two of these books will help you on your journey.

Take care,

- Danielle



## Life Changing, Mindset-Shifting Books:

**Remembering Wholeness, Carol Tuttle**

**The Tapping Solution, Nick Ortner**

**Heal Your Body, Louise Hay**

**Mastering Affluence, Carol Tuttle**

**The Jackrabbit Factor, Leslie Householder**

**Portal to Genius, Leslie Householder**

**Hidden Treasures, Leslie Householder**

## Other Books to Consider:

**You Can Heal Your Life, Louise Hay**

**Self-Compassion: The Proven Power of Being Kind to Yourself, Kristin Neff, PhD**

**Mindset: The New Psychology of Success, Carol Dweck, PhD**

**The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are, Brene Brown**