

The Revolutionary Method to Reverse Insulin Resistance Permanently in Type 1, Type 1.5, Type 2, Prediabetes, and Gestational Diabetes

# Wade's Book Abundance

**SUCCESS** 

"Reading is essential for those

who seek to rise above the ordinary."
Your Mind

CAL NEWPORT



#### Wade's Book Abundance

I became a manager for the first time in 2009. I knew I wanted to be a strong leader, but I wasn't sure how to do it. I began reading non-fiction books like self-help, biographies, leadership, and business books.

It's hard to believe that I have now read over 570 books!

One of the cool things about being recognized as "an avid reader" is I often get asked for book references and for my all-time favorites. So here are my Top 20 Books in alphabetical order. Why 20? Because narrowing it to 10 was way too difficult! Enjoy!

## Atlas Shrugged – Ayn Rand

Amazing book written in 1957 that reads like it could be heard in 2020 U.S.A.!
 The author grew up in Communist Russia, so she saw how awful governments could be! While not an easy read, this one is like "a badge of honor!"

#### • Atomic Habits – James Clear

 Of all the books on habits out there, James Clear does the best job explaining what it takes to create the habits you want and deconstruct the ones you don't.
 This book is a MUST READ for all leaders as it applies to personal habit creation as well as team performance.

#### • The Bible

The Word of God written by 40 authors over the course of 1,500 years! Try
getting 40 authors to have a common theme throughout, and you will see why
the only possible way this happened is that this is God-breathed.

## • Can't Hurt Me – David Goggins

Unbelievable auto-biography written by "The Toughest Man on the Planet." This
book is NOT for the faint of heart! Listen to this one on Audible as there is a minipodcast in between each chapter. Just don't listen to this with your kids as every
other word is an F-bomb!

## • Dare to Lead – Brene Brown



Brene Brown has a TON of great books, and this is the culmination of what it
means to lead in the 21<sup>st</sup> Century! Some people will get this one and some will
not; and I know which leader will succeed in the decades ahead!

# Deep Work – Cal Newport

 This book was has been highly impactful in my life! From saying NO to all social media to carving out space to focus on deep, meaningful work, this book is needed by Executive Leaders everywhere!

# • The Five Dysfunctions of a Team – Patrick Lencioni

 The foundation for every great team is TRUST. Everyone wants results, but we need to intentionally create space to build TRUST with others. Wade's Note – this book is also the first one I recommend for all Leadership Teams.

# • Grit: The Power of Passion and Perseverance – Angela Duckworth

O This one comes highly recommended from business leaders around the globe!

Why do some people succeed and some fail? Hint – it's not just talent! One of the first examples Angela gives is about new cadets at West Point. Every one of them is talented, so why do so many drop out? This book applies for all of us and our kids! Be sure not to miss this one!

## • Hiking Through – Paul Stutzman

Growing up in Nebraska, I had no idea what the Appalachian Trail even was! I
read this on a recommendation of a good friend, and it did not disappoint!
Anyone who is dealing with a traumatic loss needs this book. And I pray you read
it before that ever happens.

## • It's Your Ship - D. Michael Abrashoff

The author started with the worst ship in the Navy and turned it around to be the breeding grounds for U.S. Naval Leadership around the world is incredible! It starts with changing from a "top down" approach that yields a bunch of disengaged followers to one where everyone takes ownership in the decision. A great read, especially for someone new to leadership!

# • The Last Lion (the Winston Churchill trilogy) - William Manchester



This trilogy is over 3,000 pages in total! The best description simply stated it as "thorough." For whatever the reason, I could not put these books down! Churchill was a once-in-history leader who exhibited how a flawed individual can still lead through a seemingly impossible time. I would love to see how Churchill would be viewed if he were alive in the 21<sup>st</sup> Century. My guess is he would not be electable!

# The Mamba Mentality – Kobe Bryant

A beautiful book. After reading it, you will want to display it. Kobe was not the most popular. He was not the greatest athlete, either. His intensity and his work ethic are legendary. To see how amazingly gifted Kobe was, check out the podcasts he made for kids playing all kinds of sports called, "The Punies." It too is a thing of beauty.

## Moneyball – Michael Lewis

My athletic career was nowhere near Billy Beane's. Yet I can relate to how he felt when he struggled in the Major League! The use of analytics to make decisions changed baseball forever! Personally, I love doing something that others say will never work, so this story completely lights me up! Once again, the book IS better than the movie!

#### • The Only Way to Win – Jim Loehr

O This book changed the way I view the pursuit of goals. Growing up, we set goals to prove ourselves; now reaching for a goal is about "who will I become as a result?" The author has coached Fortune 500 Executives as well as Olympic athletes, and the struggles are the same – "I will be happy when..." The problem is, we are not, so let's find a better way to win in life!

# • The Success Principles – Jack Canfield

 "I am 100% responsible for my choices!" While that may sting at first, it is foundational to everything I do in life.

#### • The Surrender Experiment – Michael Singer

 I never would have thought I would read a book written by a pony-tailed hippie from the '60's talking about meditation, but this book is incredible! While I do



not align with the author's religious beliefs (definitely not Christian), I took his approach to life and made it my own. Let go! And let God take care of tomorrow!

# Trejo – Danny Trejo

Danny Trejo is famous for being the actor known for being killed in more movies than anyone in history! As interesting as his movie career is, his personal story is even more unbelievable! This autobiography about a poor Mexican boy who overcame a life of substance abuse and crime is an absolute MUST READ!

#### • Trillion Dollar Coach – Eric Schmidt

O An amazing read I could not put down. This book is about a former football coach who became a CEO in Silicon Valley, before he volunteered as an Executive Coach for Google, PayPal, and Steve Jobs! If you add up the value of all the companies he helped, they would be worth over \$2 TRILLLION!!

#### • Unbroken – Laura Hillenbrand

The seemingly impossible story about Louie Zemperini, who raced in The Hitler Olympics in 1936, fought in World War II, lived through a plane crash, drifted at see for 47 days, before being captured and tortured by the Japanese. After battling alcoholism for years, he was finally saved to faith in Christ with the help of Billy Graham. This is why I love biographies!

## Wooden on Leadership – John Wooden

 The best coach of all time. Period. His simple principles for life need to be foundational for everyone. Such a great teacher. Such a great man.

