

Recommended

Reading



A lot of times, we think the journey to getting healthy is purely physical, but that couldn't be further from the truth! Your mind needs just as much training as your body does to get in shape (if not more).

A good place to start is *You Are a Badass*, by Jen Sincero. *Food Freedom Forever* is also amazing! Check out this list for more suggestions! Feel free to talk with your coach about what a good book for you would be (personal development should be personal to what you want/need to work on).

Top Recommendations When You Get Started

You Are a Badass - Jen Sincero

The Compound Effect - Darren Hardy

No Excuses - Brian Tracy

The Slight Edge - Jeff Olson

PUSH - Chalene Johnson

Change Your Thinking, Change Your

Life - Brian Tracy

I Am That Girl - Alexis Jones

Struggling with Confidence?

You are a Badass - Jen Sincero

The Confidence Code - Katty Kay and
Claire Shipman

Every Day a Friday - Joel Osteen

Unlimited - Jillian Michaels

Daring Greatly - Brene Brown

The 5 Second Rule - Mel Robbins

Beautiful You - Rosie Molinary

Big Magic: Creative Living Beyond Fear
- Elizabeth Gilbert

Daily Discipline

The Slight Edge - Jeff Olson

No Excuses - Brian Tracy

The Power of Habit - Charles Duhigg

Living Your Best Year Ever - Darren
Hardy

Time Management

Eat that Frog - Brian Tracy

The Miracle Morning - Hal Elrod

PUSH - Chalene Johnson (www.

30daypush.com)

Mindset

You Can, You Will - Joel Osteen

The Charge - Brenden Buchard

Life's Golden Ticket - Brenden Buchard

Motivation Manifesto - Brenden Buchard

The Power of Intention - Wayne Dyer

Awaken the Giant Within - Tony Robbins

Failing Forward - John. C. Maxwell

Living an Exceptional Life - Jim Rohn

Daring Greatly - Brene Brown

Change Your Thinking, Change Your Life -

Brian Tracy

Start: Punch Fear in the Face, Escape

Average, and Do Work that Matters - Jon

Acuff

Understanding Nutrition and Clean Eating

Eat Clean Recharged - Tosca Reno

It Starts with Food - Melissa Hartwig

Food Freedom Forever - Melissa Hartwig

Binge Eating/Emotional Eating

The Hunger Fix - Pam Peeke

Made To Crave - Lysa Turkeurst

Food: The Good Girl's Drug - Sunny Sea Gold

Never Binge Again - Glenn Livingston

Stop Eating Your Heart Out - Meryl Hershey
Beck

Conscious Eating - Gabriel Cousens M.D.