

## Recommended Reading for Personal Development

Boundaries by Dr. Henry Cloud and John Townsend

Discover Your Optimal Health by Dr. Wayne Scott Andersen

Emotional Intelligence 2.0 by Travis Bradberry, Jean Greaves, Tom Parks

How to De-Stress Your Life by Gregory L. Jantz, M.D.

Live From Strength by Wayne Ottum

Mindset: The New Psychology of Success, by Carol Dweck

PIVOT: The Art and Science of Reinventing Your Career and Life by Adam Markel

The 100 Year Lifestyle by Dr. Eric Plasker

The One Thing by Gary Keller

The Power of the Other by Dr. Henry Cloud

Who Moved My Cheese? By Spencer Johnson, M.D.

Who Says? by Ora Nadrich

### Articles

What is Mindset <http://mindsetonline.com/whatisit/about/>

Test Your Mindset <http://mindsetonline.com/testyourmindset/step1.php>



**CHRISTINE ROSE**  
COACHING & CONSULTING

*Your best life, by design.* Schedule an informational meeting today.

MyCoach@ChristineRose.Coach

www.ChristineRose.Coach

425-326-9855