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## **Executive Resilience Reading List**

- Bradberry Travis *Emotional Intelligence 2.0*
- Burns Robert. *Coping with Stress*
- Buford Bob. *Half Time and Game Plan*
- Cameron Julia. *The Vein of Gold*
- Covey Stephen R. *The 8<sup>th</sup> Habit*
- Covey Stephen R. *The 7 Habits of Highly Effective People*
- Gladwell Malcolm. *The Outliers*
- Frankl Victor. *Man's Search for Meaning*
- Grové Leon. *The ABC of Stress*
- Handy Charles *The Hungry Spirit*
- Hardy Darren *The Compound Effect*
- Johnson Spencer. *Who Moved my Cheese?*
- Kabat-Zinn Jon. *Mindfulness Meditation*
- Leaf Caroline *Switch on your Brain*
- Olsen Jeff *The Slight Edge*
- Schlebusch Lourens. *Mind Shift*
- Weil Andrew *Spontaneous Happiness*