



## **Top 7 Books on Personal Development I Recommend to Clients**

### Fear Project by Jaimal Yogis

I was very inspired and interested in this perspective of Fear when I listened to this podcast on the topic of Fear.

<http://shrinkrapradio.com/334-the-fear-project-with-jaimal-yogis/>  
<https://www.forbes.com/sites/stevenkotler/2013/01/17/overcoming-anxiety-going-deep-with-fear-project-author-jaimal-yogis/?sh=64e5a5b16145>

Here is a link to his book:

<https://www.penguinrandomhouse.com/books/594313/the-fear-project-by-jaimal-yogis/>

### "Quiet" by Susan Cain

For a different perspective on introversion, a staple I recommend to all of my clients including her website and Ted Talk:

<http://www.amazon.ca/Quiet-Power-Introverts-World-Talking/dp/0307352153>

[http://www.ted.com/talks/susan\\_cain\\_the\\_power\\_of\\_introverts?language=en](http://www.ted.com/talks/susan_cain_the_power_of_introverts?language=en)

<http://www.quietrev.com/>

I highly recommend Scribd as a great resource for many topics with written and audio content.

If you want to try it for free for 60 days, you are welcome to use my referral link:

<https://www.scribd.com/g/8ybew4>

### Flow - The Psychology of Optimal Experience by Mihaly Csikszentmihalyi

The concept of being in flow to me is where you "lose time". It can also be referred to as "being in the zone". The father of this wonderful concept explains it in his book:

<https://www.scribd.com/book/163652512/Flow-The-Psychology-of-Optimal-Experience>

### Be Wise Now by Gael McCool

My career coach, Gael McCool wrote this book. I find it to be filled with much "wisdom" about the Human Condition and hope you will find it as enjoyable as I did:

<https://www.scribd.com/read/406635850/Be-Wise-Now-A-Guide-to-Conscious-Living>



Man's Search for Meaning by Viktor Frankl

A seminal book on meaning that is a core foundation of my philosophy to pursue a Meaningful Career for myself and my clients:

<https://www.scribd.com/book/165881699/Man-s-Search-for-Meaning>

The Power of Habit by Charles Duhigg

Worth reading more than once, his clear and simple approach to our relationship with our habits and understanding them resonates with me deeply:

<https://charlesduhigg.com/books/the-power-of-habit/>

Mindset: The New Psychology of Success by Carol S Dweck

Beliefs in action are how you operate in the world, Carol Dweck explains the concept of mindset and how that influences our attitudes and everything we experience, feel and how we behave.

<https://www.goodreads.com/book/show/40745.Mindset>

<https://fs.blog/2015/03/carol-dweck-mindset/>

<https://www.mindsetworks.com/science/>

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I have resources on all of these topics and more, but these will help support you for a good foundation towards life and career well-being.

Enjoy and I would love to know your feedback and any books or other resources that you recommend too!

*Contact me today for more information and/or to book a complimentary phone consult:*

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