

# HABIT 1: 7 POINT COACH'S READING LIST

## | JEFF'S LIST

- The Power of Now - Eckhart Tolle
- Start With Why - Simon Sinek
- Atomic Habits - James Clear
- The 5 Second Rule - Mel Robbins
- You Are a Badass - Jen Sincero
- Can't Hurt Me - David Goggins

## | HADLEI'S LIST

- You are a Badass - Jen sincero
- The 5am Club - Robin Sharma
- Unfu\*k Yourself - Gary John Bishop
- The 5 Second Rule - Mel Robbins
- Crushing It - Gary Vaynerchuk
- The Power of the Subconscious Mind - Joseph Murphey

## | TRISH'S LIST

- The Gifts of Imperfection - Brene Brown
- Atomic Habits - James Clear
- Girl, Wash Your Face - Rachel Hollis
- The Universe Has Your Back - Gabrielle Bernstein
- Relentless - Tim S. Grover

## | RONDA'S LIST

- Money & the Law of Attractions - Esther and Jerry Hicks
- 5 Second Rule - Mel Robbins
- Girl, Stop Apologizing - Rachel Hollis
- High Performance Habits - Brendon Burchard
- Willpower Doesn't Work - Benjamin Hardy

## | LEXI'S LIST

- You are a Badass - Jen Sincero
- Becoming Supernatural - Dr. Joe Dispenza
- The 5 Second Rule - Mel Robbins
- Inward - Yung Pueblo
- Change Your Brain, Change Your Body - Daniel G. Amen M.D.

## | MEAGAN'S LIST

- Stop Doing That Sh\*t - Gary John Bishop
- Unfu\*k Yourself - Gary John Bishop
- Awaken the Giant Within - Tony Robbins
- The Power of Positive Energy - Andrian Teodoro
- The Fitness Mindset - Brian Keane