

# TOP 5 BOOKS - MINDSET

@MACROSMUSCLES Mindset

## THE POWER OF HABIT

CHARLES DUHIGG

A book that will teach you how the brain works, how addictions form, how businesses succeed off of understanding human routine and how to use science to overcome self sabotaging behaviours. This book changed my life. It was the first insight into really understanding how to overcome Eating Disorders and encouraged a new trajectory for my coaching business.

## THRIVE

ARIANNA HUFFINGTON

I wish I had read this earlier. This book gives you the insight into how a very successful woman and her business (The Huff Post), became even more successful - by implementing "against the grain" routines and procedures to better people's health. This book was the foundation to understanding the importance of slowing down, reducing time on technology, improving relationships, and sleep.

## CHASING EXCELLENCE

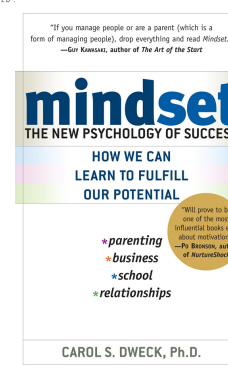
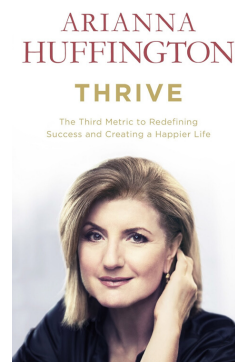
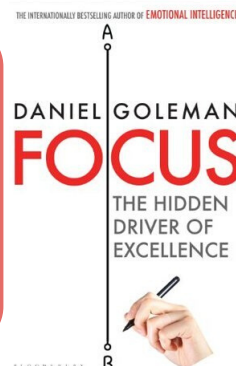
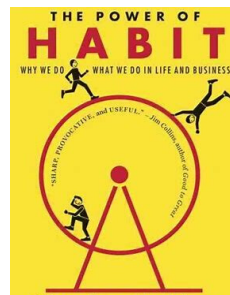
BEN BERGERON

An easy to read book that gives you tools and techniques to better yourself as an Athlete, as a Coach and as a human. This book will give you simple techniques and stories to help motivate you to improve your behaviours to be a better human being. Inevitably, allowing you to seek and develop the traits of excellence.

## FOCUS

DANIEL GOLEMAN

Mindfulness, empathy, willpower, leadership and success. This book discusses the science of the brain and how focus and attention is the thing that makes life worth living. This book helps you understand how to develop better focus, to help improve every aspect of life, including work, relationships and your own attitudes.



## MINDSET

CAROL DWECK

This book gives you the foundation to understanding that how we think, how we speak and how we act are all interrelated. Dr. Dweck discusses success in school, work, sports, the arts, and almost every area of human endeavour, can be dramatically influenced by how we think. Game. Changer.