



Unlock your healthy potential.

BOOK LIST

Recommended reading from THE HABITS WHISPERER

Goals, Principles, Values, & Decision-Making

Principles. Ray Dalio

Focal Point. Brian Tracy

Peak: Secrets from the New Science of Expertise. Anders Ericsson and Robert Pool

The Art of Learning: An Inner Journey to Optimal Performance. Josh Waitzkin

What Got you Here Won't Get you There. Marshall Goldsmith

Quiet: The Power of Introverts in a World That Can't Stop Talking. Susan Cain

Lean In. Women, Work, and the Will to Lead. Nell Scovell and Sheryl Sandberg

How To Fail at Almost Everything and Still Win Big. Scott Adams

Behavior, Psychology, & Coaching

Don't shoot the dog. Karen Pryor

Motivational Interviewing. William R. Miller and Stephen Rollnick

Mindset. Carol S. Dweck

Willpower: Rediscovering the Greatest Human Strength. Roy F. Baumeister

The Power of Less: The Fine Art of Limiting Yourself to the Essential...in Business and in Life. Leo Babauta

The Power of Habit: Why We Do What We Do in Life and Business. Charles Duhigg

The Willpower Instinct. Kelly McGonigal

I Will Teach You to Be Rich. Ramit Sethi.

Influence: The Psychology of Persuasion. Robert Cialdini

McKeachie's teaching tips. Wilbert J. McKeachie

Food, Nutrition, & Exercise

Precision Nutrition Certification Manual. John Berardi

The Mindfulness-Based Eating Solution. Lynn Rossy

Mindless Eating: Why We Eat More Than We Think. Brian Wansink

When Food Is Love. Geneen Roth

Breaking Free from Emotional Eating. Geneen Roth

Intuitive Eating, A revolutionary program that works. Evelyn Tribole & Elyse Resch

Slim by Design. Brian Wansink

No Sweat. Michelle Segar

The 4-Hour Chef. Timothy Ferriss

The 4-Hour Body. Timothy Ferriss

The Conscious Cleanse. Jo Schaalman and Julie Pelaez

The E Factor: Engage, Energize, Enrich. Michelle Robin

Burn The Fat, Feed The Muscle. Tom Venuto.

Let Me Tell You a Story: Inspirational Stories for Health, Happiness, and a Sexy Waist. James O'Keefe & Joan O'Keefe

French Women Don't Get Fat: The Secret of Eating for Pleasure. Mireille Guiliano

Communications & Empathy

Crucial Conversations. Joseph Grenny, Al Switzler, Ron McMillan
Emotional Intelligence: Why It Can Matter More Than IQ. Daniel Goleman
Daring Greatly. Brene Brown
The Gifts of Imperfection. Brene Brown
Rising Strong. Brene Brown
How to Talk So Kids Will Listen and Listen So Kids Will Talk. Adele Faber and Elaine Mazlish
Getting to Yes: Negotiating Agreement Without Giving In. Roger Fisher and William Ury

Interpersonal Communications & Relationships

Relationship Breakthrough: How to Create Outstanding Relationships in Every Area of Your Life.
Cloe Madanes and Anthony Robbins
Marriage Rules: A Manual for the Married and the Coupled Up by Harriet Lerner
The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships
by Harriet Lerner and Barbara Caruso
Getting the Love You Want: A Guide for Couples by Harville Hendrix
The Seven Principles for Making Marriage Work John Gottman

Social Marketing & Social Change

Social Marketing: Changing Behaviors for Good. Nancy R. Lee & Philip Kotler
Nudge: Improving Decisions About Health, Wealth, and Happiness. Richard H. Thaler
& Cass R. Sunstein
Community Based Social Marketing. Doug McKenzie Mohr
Switch: How to Change Things When Change Is Hard. Chip Heath & Dan Heath
Immunity to Change: How to Overcome It and Unlock the Potential in Yourself and Your Organization
(Leadership for the Common Good) Robert Kegan & Lisa Laskow Lahey
Hands-On Social Marketing: A Step-by-Step Guide to Designing Change for Good.
Nedra Kline Weinreich
Marketing Social Change: Changing

It's your LIFE.

What could improving your health and fitness really do for you? Let's find out.
Contact Heather now for a free 15-minute healthy habits coaching consultation.
Call or text 202-329-1974.