

Reading List

This list is for guidance. The books are ones that I have found interesting, useful but above all they have all in some way inspired me to look at things in a different light. They have all added in a positive way to looking at how we can become more effective, more productive and ultimately happier in what we do and how we lead our lives.

'Reading is to the mind what exercise is to the body.'
Joseph Addison

They are listed in no particular order or preference.

Title	Author(s)	ISBN
The 7 Habits of Highly Effective People	Stephen Covey	0684858398
FISH	Stephen Lundin, Harry Paul, John Christensen	0340819804
Networking	Nicolas King	9781905940646
The Secret	Rhonda Byrne	1847370292
The One Minute Manager	Ken Blanchard, Spencer Johnson	0007107927
Mind Map	Tony Buzan	0007728913
Make the Most of Your Mind	Tony Buzan	0330302620
Gung Ho!	Ken Blanchard, Sheldon Bowles	0006530680
Winning	Jack Welch, Suzy Welch	0007197675
Definitive Book of Body Language	Allan & Barbara Pease	0752861182
Golden Apples	Bill Cullen	0340838973
Pylgrims Progress	Tim Kidson , Sharon Niccolls	0954120973
Introducing NLP	Joseph O'Connor & John Seymour	185533446
Feel the Fear and Do It Anyway	Susan Jeffers	0099741008
Awaken the Giant Within	Anthony Robbins	0743409388
Speed Reading	Tony Buzan	0715389734
Leadership	Tom Peters	1405302577
Keys to Success	Napoleon Hill	0749915137
First Break All the Rules	Marcus Buckingham & Curt Coffman	0684861380
Notes From a Friend	Anthony Robbins	074340937X

These books are available from all good bookshops or on the internet. Type the ISBN number into Amazon, there will be a choice and also other related texts.

'I must say that I find television very educational. The minute somebody turns it on, I go to the library and read a book.'
Groucho Marx