Body Electric

Suggested Personal Development Reading List

**Understanding Network Marketing:**

1. Go Pro by Eric Worre

2. 45 Second Presentation by Don Failla

3. How to be a Network Marketing Superstar by Mary Christensen

4. How to be a Recruiting Superstar by Mary Christensen

5. How To Sell Network Marketing (without fear, anxiety or losing you friends!) by Michael Oliver

6. Beachmoney by Jordan Adler

7. Rock Your Network Marketing Business by Sarah Robbins

8. Your First Year in Network Marketing by Mark Yarnell

9. Building a Network Marketing Business by Scott Welle

10. Building Your Network Marketing Business by Jim Rohn

11. The Psychology of Selling by Brian Tracy

12. FlipFlop CEO

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Daily Discipline/Time Management:

1. The Slight Edge by Jeff Olson

2. The Compound Effect by Darren Hardy

3. Eat that Frog by Brian Tracy

4. No Excuses by Brian Tracy

5. The ONE Thing by Gary Keller

6. Go For No by Richard Fenton

7. The Power of Habit by Charles Duhigg

8. Change Anything by Kerry Patterson

9. Switch: How to Change Things When Change Is Hard by Chip Heath

10. Self Discipline in 10 Days by Theodore Bryant

11. Power of Focus by Jack Canfield

12. Living Your Best Year Ever by Darren Hardy

13. Getting Things Done by David Allen

14. 7 Habits of Highly Effective People by Stephen R Covey

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Mindset:

1. Mindset by Carol Dweck

2. The Magic of Thinking Big by David Schwartz

3. The Charge by Brendon Buchard

4. Life’s Golden Ticket by Brendon Buchard

5. The Power of Intention by Wayne Dyer

6. Crush it by Gary Vaynerchuk

7. Outperform the Norm by Scott Welle

8. Maximum Confidence by Jack Canfield

9. Awaken The Giant Within by Tony Robbins

10. What is Your What by Steve Olsher

11. Failing Forward by John C. Maxwell

12. Playing Big by Tara Mohr

13. Girlboss by Sophia Amoruso

14. Start: Punch Fear in the Face, Escape Average and Do Work that Matters by Jon Acuff

15. Quitter: Closing the Gap Between your Day Job and your Dream Job by Jon Acuff

16. Living an Exceptional Life by Jim Rohn

17. Daring Greatly by Brene Brown

18. The Entrepreneur Roller Coaster by Darren Hardy

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Relationships:

1. How to Win Friends & Influence People by Dale Carnegie

2. Start with WHY by Simon Sinek

3. The Go Giver by Bob Berg

4. The Go Giver Sells More by Bob Berg

5. Developing the Leader Within by John C Maxwell

6. Developing the Leaders Around You by John C Maxwell

7. Personality Plus by Florence Littauer

8. Just Listen by Mark Goulston

9. The Fred Factor by Mark Sandborn

10. Everyone Communicates, Few Connect by John C Maxwell

11. The Five Love Languages by Gary Chapman

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Social Media:

1. Jab Jab Jab Right Hook by Gary Vaynerchuk

2. Platform by Michael Hyatt

3. Likeable Social Media by David Kerpen

5. Crush It: Why Now is the Time... by Gary Vaynerchuk

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Goal Setting:

1. PUSH by Chalene Johnson

2. Goals! by Brian Tracey

3. The Desire Map by Danielle LaPorte

4. Unlimited by Jillian Michaels

5. The 4-Hour Workweek by Tim Ferriss

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Leadership:

1. Tribes by Seth Godin

2. Entreleadership by Dave Ramsey

3. Think and Grow Rich by Napoleon Hill

4. ANY John C Maxwell book!

5. Born to Win by Zig Ziglar

6. The Success Principles by Jack Canfield

7. 21 Irrefutable Laws of Leadership by John Maxwell

8. Start with Why: How Great Leaders Inspire Everyone by Simon Sinek

9. People Follow You by Jeb Blount

10. Strengths Finder 2.0 by Tom Rath

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Nutrition and Clean Eating:

1. Eat Clean Recharged by Tosca Reno

2. Made to Crave by Lysa Turkeurst

3. Superlife by Darin Olien

4. The Wellness Revolution by Paul Zane Pilzer

5. Forks Over Knives (book or documentary)

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Struggling with CONFIDENCE?

"Every Day a Friday" by Joel Osteen

"Unlimited" by Jillian Michaels

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Struggling with TIME MANAGEMENT?

"Eat That Frog" by Brian Tracy

"Push" by Chalene Johnson ([www.30daypush.com](http://l.facebook.com/l.php?u=http%3A%2F%2Fwww.30daypush.com%2F&h=BAQESaXBtAQG56N00fM1jjzYFaOQ74ODcOkuuzrrdkTFI1g&enc=AZOJQbsHflW1of6XCSKsaOwGOhxD9vM5gUwYixkJNmsjUV2hrqQukgujMk-jwPWLeZP4gel92BMtHal1Ylh5H1HHyVkg0vQN9WSngML0MaH3vYJyjfz4o0musZThRuY7SPBj6smV_4fB4PWpIOn5_9-w2nK5m7Dl5bLdWsznalwvMA&s=1))

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Struggling with LEADERSHIP?

"Developing The Leadership Within" by John C Maxwell

"People Follow You" by Jeb Blount

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Struggling with NUTRITION & CHALLENGE GROUPS?

"Eat Clean Recharged" by Tosca Reno

"Made to Crave" by Lysa Turkeurst

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Struggling with UNDERSTANDING THIS BUSINESS?

"Go Pro" by Eric Worre

"Rock Your Network Marketing Business" by Sarah Robbins

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Struggling with CONNECTING TO PEOPLE?

"How to Win Friends and Influence people" by Dale Carnegie

"The Five Love Languages" by Gary Chapman

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Struggling with CONSISTENCY and achieving your goals?

"The Slight Edge" by Jeff Olson

"The Compound Effect" Darren Hardy

“The Entrepreneur Roller Coaster” by Darren Hardy