Recommended Book List

Change Your Brain, Change Your Life…..by Daniel G. Amen, MD
Mental Toughness Training for Life……..by James Loehr
Learned Optimism……………………......by Martin Seligman, PhD
Brain Based Learning and Teaching……..by Eric Jensen
Smart Moves…………………………………….by Carla Hannaford
The Dominance Factor………………………..by Carla Hannaford
A Whack on the Side of the Head…………...by Roger von Oech
Sensoreises……………………………………….by Laurie Glazener
Brain Gym………………………………………..by Paul & Gail Dennison
If the Shoe Fits…………………………………..by Carolyn Chapman
The Great Memory Book.......by Karen Markowitz & Eric Jensen
School Success.................................by Peter Kline & Laurence Martel
The A.D.D. and A.D.H.D. Diet……by Rachel Bell & Dr. Howard Piper
What's Food Got to Do With It?.....by Sandra Hills & Pat Wyman
Shut up, Stop Whining, and Get a Life.............by Larry Winget

The Secret...................................................... by Rhonda Byrne

Toughness Training for Life..............................by James E. Loehr, EdD

Catch Fire...................................................... by Peter McLaughlin

The Success Principles.................................by Jack Canfield

Maximum Achievement.................................by Brian Tracy

Learned Optimism...........................................by Martin Seligman, PhD

Beyond Success.............................................by Brian Biro

13 Secrets of Power Performance....................by Roger Dawson

12 Steps to Mastering the Winds of Change......by Erik Olesen

Any Chicken Soup for the Soul Books Are Awesome to Lift the Spirits

Duck Soup for the Soul............by Swami Beyondananda (very funny)

Books for Teens:

A Teen's Game Plan for Life............................by Lou Holtz

The Portable Pep Talk.................................by Alexander Lockhart

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