



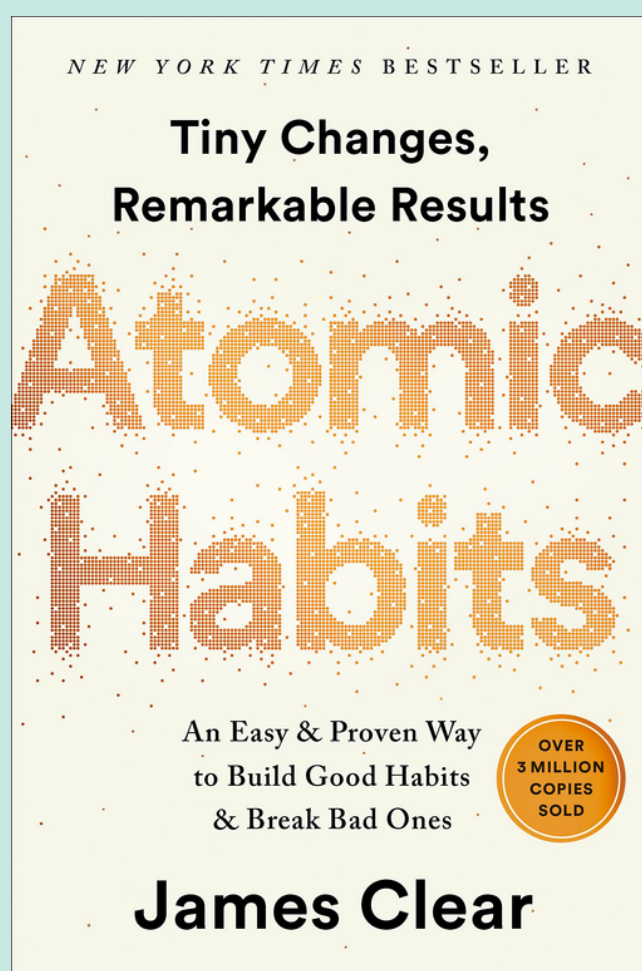
# ACTIVE•*li* READING

If you are like me, you have a million books on hand and in the middle of all of them. You want the best self-help and personal development books, but not sure which one will help. Every day is different, and every day you need guidance with something new.

That's the amazing part of having a collection of these kind of books- they are there for you when you **need** it.

Here i'm sharing my top books for you to get started in switching your mindset, feel more confident and challenge yourself in the best way.

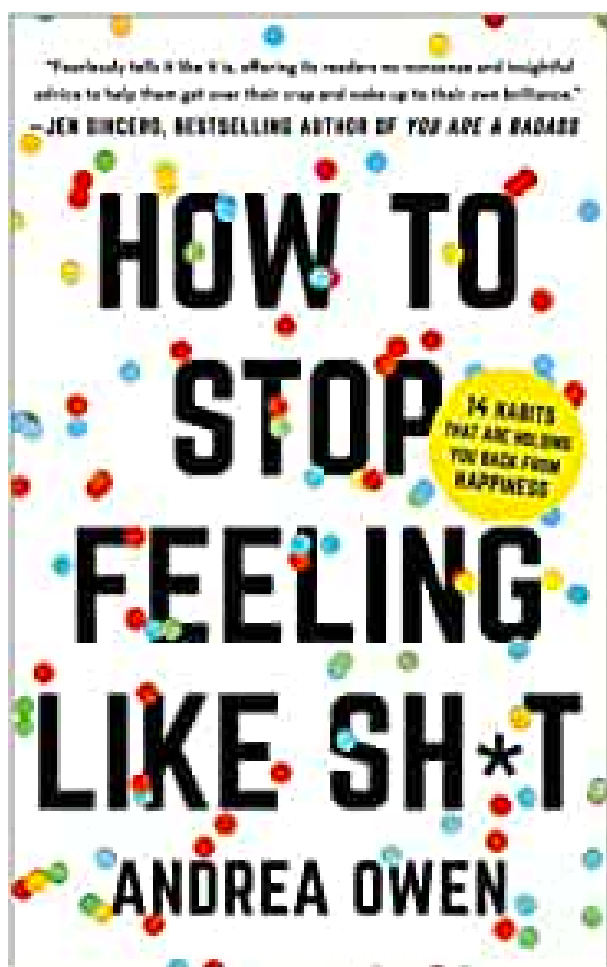
## HABITS



I'll be honest, I never really realized when or how I developed some of the habits I do on a daily basis. This book is such an eye opener to reframe some of those negative habits into productive and positive one's

**Information:** If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights.

## FEELINGS

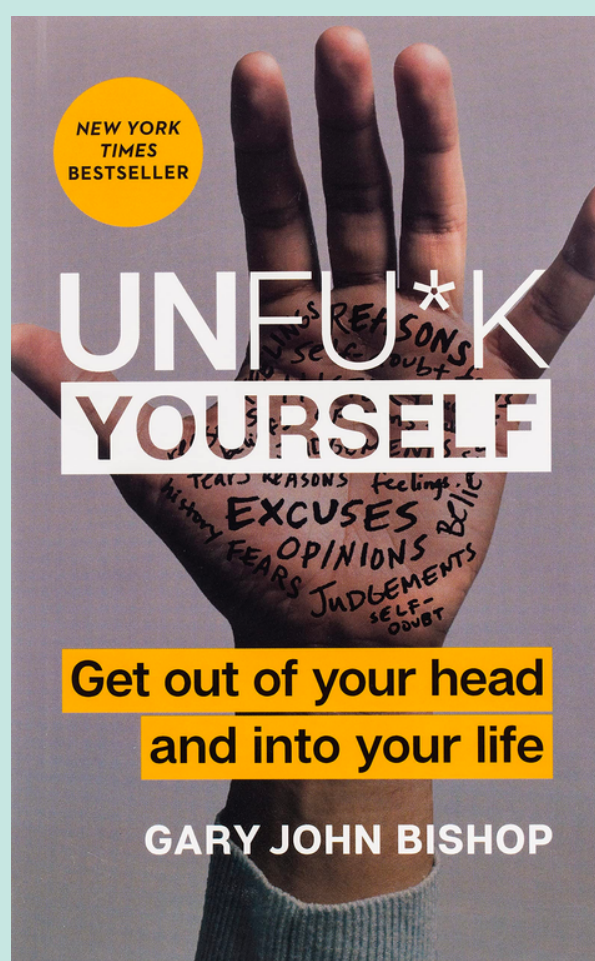


This is one i've read many times because it's extremely helpful for when you need to readjust your feelings and stop feeling sorry for yourself.

**Information:** How to Stop Feeling Like Sh\*t is a straight-shooting approach to self-improvement for women, one that offers no-crap truth-telling about the most common self-destructive behaviors women tend to engage in.

From listening to the imposter complex and bitchy inner critic to catastrophizing and people-pleasing, Andrea Owen — a nationally sought-after life coach — crystallizes what's behind these invisible, undermining habits. With each chapter, she kicks women's gears out of autopilot and empowers them to create happier, more fulfilling lives.

## MINDSET



One of my favorite Personal Development authors. His books are like a punch to the gut you need to stop with the negativity and put your worth into action.

**Information:** In this straightforward handbook, he gives you the tools and advice you need to demolish the slag weighing you down and become the truly unfu\*ked version of yourself. "Wake up to the miracle you are," he directs. "Here's what you've forgotten: You're a fu\*king miracle of being." It isn't other people that are standing in your way, it isn't even your circumstances that are blocking your ability to thrive, it's yourself and the negative self-talk you keep telling yourself.

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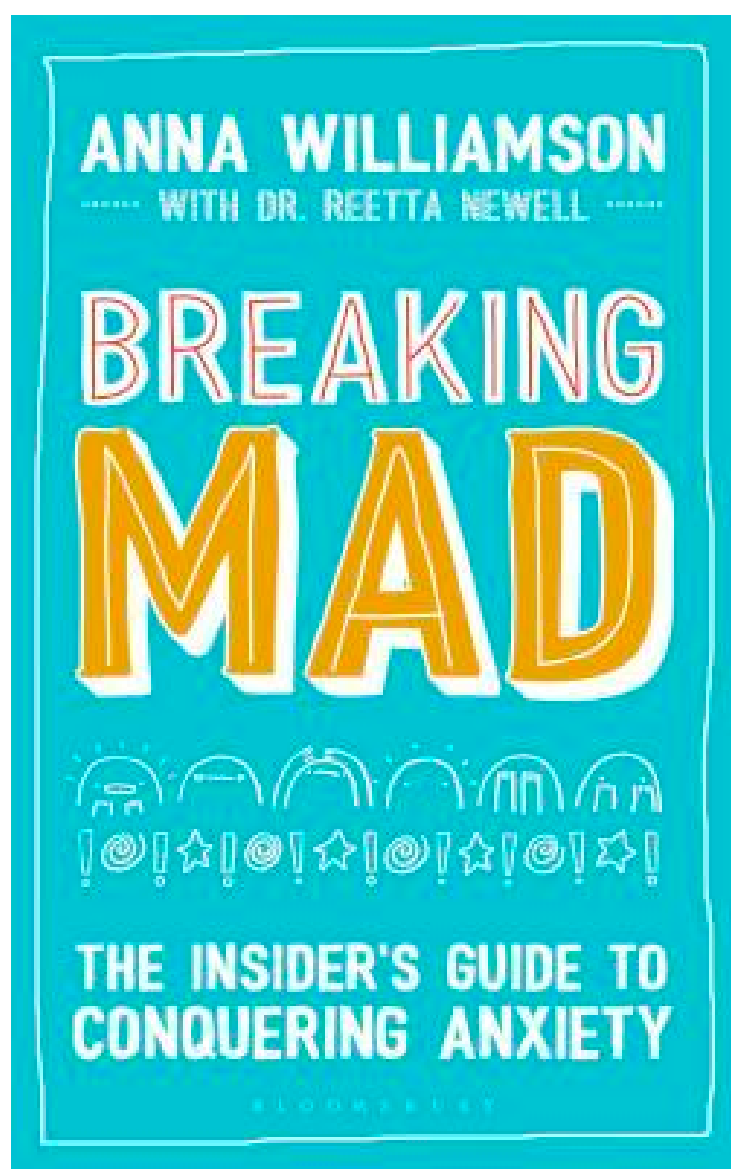
## MINDSET



No pun intended... but everything IS figureoutable. She really helps with putting this into perspective and makes you realize that you are truly capable, no matter what is happening.

**Information:** While most self-help books offer quick fixes, Everything is Figureoutable will retrain your brain to think more creatively and positively in the face of setbacks. In the words of Cheryl Strayed, it's "a must-read for anyone who wants to face their fears, fulfill their dreams, and find a better way forward." If you're having trouble solving a problem or reaching a dream, the problem isn't you. It's that you haven't yet installed the one belief that changes everything.

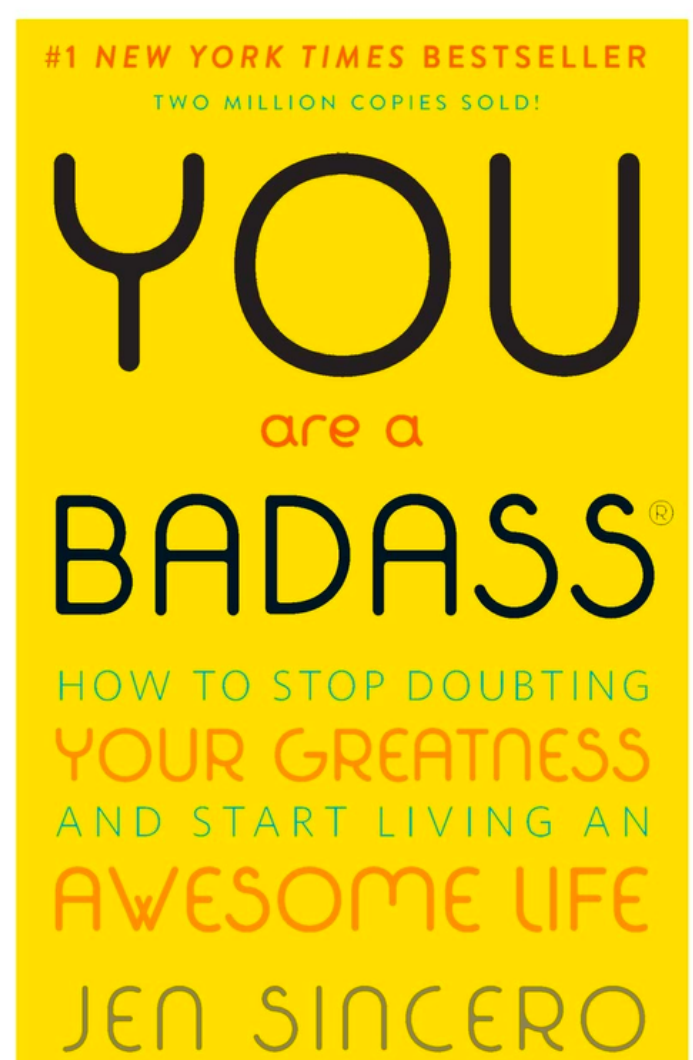
## ANXIETY



Understanding anxiety and panic attacks is something that I needed when it first began. And this book is what helped me learn my triggers, my situations and be able to tackle them.

**Information:** Breaking Mad is packed with coping methods and solutions for those everyday moments where you need a helping hand. From recognising the first warning signs of anxiety, to coping with a panic attack or social anxiety, Anna and Reetta will be with you every step of the way, offering practical strategies and straightforward guidance whenever and wherever you might need it. Whether at home, on the bus, at college, just before a meeting, or even having a meltdown in the work toilet cubicle, Breaking Mad is here for you. So welcome to the club – it's time to tackle anxiety head on!

## SELF-UNDERSTANDING



This was my first Personal Development book and it was an eye opener to what this whole genre can offer.

**Information:** In this refreshingly entertaining how-to guide, bestselling author and world-traveling success coach, Jen Sincero, serves up twenty-seven bite-sized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word, helping you to:

- Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want,
- Create a life you totally love. And create it NOW, and
- Make some damn money already. The kind you've never made before.