

Client Resource Guide: Curated Book List

Mindset, Focus & High-Performance Psychology

Atomic Habits – James Clear

The blueprint for building high-impact habits that stick—simple, scalable, results-driven.

The Inner Game of Tennis – W. Timothy Gallwey

A classic on mental performance—timeless for athletes and entrepreneurs alike.

The Art of Impossible – Steven Kotler

High-performance psychology meets practical routines for chasing big goals.

Master of Change – Brad Stulberg

Adaptability science meets soul work—ideal for clients managing transitions or chaos.

Chatter – Ethan Kross

How to harness your inner voice, especially under pressure.

Drive – Daniel Pink

What truly motivates us—and how to build environments that fuel sustainable effort.

Range – David Epstein

Why generalists thrive and how range enhances adaptability and innovation.

A Whole New Mind – Daniel Pink

Left-brain logic meets right-brain creativity—vital for balanced high achievers.

Crucial Conversations – Patterson, Grenny, McMillan, Switzler

The go-to guide for tough, high-stakes conversations in leadership and life.

The 10% Happier – Dan Harris

A skeptical news anchor discovers meditation, and how it upgrades performance.

Peak – Anders Ericsson

The science of deliberate practice.

The Practice of Groundedness – Brad Stulberg

A must for high-performers battling burnout. Science-backed tools for sustainable growth.

Thinking in Bets – Annie Duke

A former poker champion teaches how to make better decisions under uncertainty by thinking probabilistically and separating outcome from decision quality.

Quit – Annie Duke

Challenges the stigma around quitting and shows how strategic quitting is essential for long-term success, focus, and mental clarity.

Money, Productivity & Entrepreneurial Thinking

I Will Teach You to Be Rich – Ramit Sethi

A bold and practical money mindset book for professionals.

The Psychology of Money – Morgan Housel

Timeless money wisdom—behavioral finance meets human nature.

Million Dollar Weekend – Noah Kagan

For the client dreaming of launching a side hustle—fast, fun, doable.

The 4-Hour Workweek – Tim Ferriss

Foundational text for designing a freedom-first life—triggers action.

Neuroscience, Healing & Emotional Intelligence

Neurosculpting – Lisa Wimberger

Brain rewiring techniques to overcome trauma, stress, and enhance self-directed change.

New Beliefs, New Brain – Lisa Wimberger

Emotional trauma, neuroplasticity, and healing performance blocks.

Performance & Fitness Optimization

Outlive – Peter Attia

Deep dive into longevity science, metabolic health, and exercise with actionable protocols.

The Oxygen Advantage – Patrick McKeown

Breathing techniques to improve endurance, stress resilience, and sleep.

Endure – Alex Hutchinson

Fascinating science behind endurance limits—great for runners, triathletes, cyclists.

Becoming a Supple Leopard – Dr. Kelly Starrett

A detailed guide to improving mobility, preventing injury, and optimizing performance through better movement patterns.

Power Speed Endurance – Brian MacKenzie

Training methodology combining endurance, strength, and movement mechanics for peak performance.

The 4-Hour Body – Tim Ferriss

A self-experimenter's guide to hacking the human body for fat loss, strength gain, sleep, and more.

Total Immersion – Terry Laughlin

A technique-focused swimming method that emphasizes ease, efficiency, and long-term performance.

ChiRunning – Danny Dreyer

Integrates principles of Tai Chi into running to improve efficiency and reduce injury.

Built to Move – Kelly & Juliet Starrett

Foundational daily mobility and movement practices for active longevity.

Breath – James Nestor

Explores the power of breath and how changing how we breathe can transform health and performance.

The Paleo Diet for Athletes – Loren Cordain & Joe Friel

Nutrition framework for endurance athletes, designed to enhance recovery and performance.

Burn – Herman Pontzer

What metabolism really is—and isn't. A reality check for fitness enthusiasts.

Why We Sleep – Matthew Walker

The science of sleep and how to prioritize it as a high-performance tool.

Eat Smarter – Shawn Stevenson

Digestible science on food's impact on body and brain performance.

Lifespan – David Sinclair

Aging science, longevity pathways, and the future of performance living.

Philosophy, Spirituality & Purpose-Driven Living

Blink – Malcolm Gladwell

How intuitive decisions are made in milliseconds—useful for high-pressure roles.

The Tipping Point – Malcolm Gladwell

Explores how small actions can create social epidemics and cultural change.

The Artist's Way – Julia Cameron

A spiritual path to creativity that unlocks artistic potential and self-discovery.

A New Earth – Eckhart Tolle

A guide to awakening to your life's purpose by transcending ego and embracing presence.

The Second Mountain – David Brooks

For high-achievers seeking deeper purpose, relationships, and soul alignment.

The Way of Integrity – Martha Beck

A powerful roadmap for aligning lifestyle with internal truth.

The 5AM Club – Robin Sharma

Not for the early wake-up time—more for the powerful structure of a focused, intentional life.