



Books

- The Book that became my counselor: A Joe Bloggs guide to better wellbeing
- Unleash the power within (Tony Robbins)
- Awaken the giant within (Tony Robbins)
- The Power of Now (Eckhart Tolle)
- The 4 hour work week (Tim Ferris)
- You are a badass (Jen Sincero)
- The subtle art of not giving a fuck (Mark Manson)
- Atomic Habits (James Clear)
- Mans search for meaning (Viktor Frankl)
- The Power of positive thinking (Norman Vincent Peale)
- The Alchemist (Paulo Coelho)
- The magic of big thinking (David Swartz)
- Getting things done (David Allen)
- Start with why (Simon Sinek)
- The Happiness Advantage (Shawn Achor)
- Cant hurt me (David Goggins)
- Eat that frog (Brian Tracey)
- Make your bed (William McRaven)
- Failing forward (John C Maxwell)
- The Miracle Morning (Hal Elrod)
- See you at the top (Zig Ziglar)
- Think like a monk (Jay Shetty)
- The 10x Rule (Grant Cardone)
- The Monk who sold his ferrari (Robin Sharma)
- Mindset (Carol Dweck)



Podcasts

- Joe Bloggs Talks
- Happier (Gretchin Ruben)
- The Happiness Lab
- Optimal Daily Living
- The Tony Robbins Podcast
- The Maria Forleo Podcast
- The Mindset Mentor
- The Brendon Show (Brendon Buchard)
- The Mindvalley Podcast
- Kwik Brain with Jim Kwik
- The High Performance Podcast
- The Habit Coach (Ashdin Doctor)
- The Ziglar show
- How to fail (Elizabeth Day)
- The Tim Ferris Show
- The Goal Digger Podcast
- Growth Mindset Podcast
- The verywell mind podcast
- Paul Mort talks shit
- The Daily Mastery Podcast (Robin Sharma)
- On Purpose (Jay Shetty)
- Aubrey Marcus Podcast
- Finding Mastery (Michael Gervais)
- Impact Theory (Tom Bilyeu)
- The Secret to Success
- The School of greatness (Lewis Howes)
- Achieve your goals (Hal Elrod)