



## **TOP 10 BOOKS OF 2020**

### **1. The Book of Joy (Dalai Lama, Desmond Tutu, Douglas Abrams)**

- This book, featuring two spiritual titans, outlines simple strategies that anyone can practice to bring more joy into their lives. Honestly, the coolest thing about the book was how these two powerful figures carved out a full week to spend time together brainstorming ways to transform our society. These two world famous leaders modeled humility, kindness and empathy in a truly inspiring way. This book made me want to be a MUCH better person!

### **2. Tuesdays with Morrie (Mitch Albom)**

- I've read this book several times and it moves me deeply every single time. This time was no exception. Reconnecting with a former college professor on his deathbed, the author Mitch Albom is treated to powerful lessons each Tuesday on how to live and die in a graceful, intentional manner. The book breaks down important lessons that we often miss in our hyper-driven, 24/7 society. Learning from Morrie is such a refreshing experience!

### **3. The Code of the Extraordinary Mind (Vishen Lakhiani)**

- This is one of the coolest books I have ever read on creating systems to cultivate an extraordinary life. Vishen Lakhiani, the founder of Mind Valley, outlines a unique process to help readers pull out their inner potential. I thought the neatest part of the book is how he developed custom outside-the-box concepts and themes to make his content interesting and easy to digest. Definitely a solid read for anyone who wants to be extraordinary in any area of their life!

### **4. You Can Heal Your Life (Louise Hay)**

- It blows me away that I had never heard about Louise Hay before this book because she is a POWERHOUSE in the personal development industry! When I heard that this book had sold 50+ million copies, I ordered a copy immediately and dove into the chapters. I was not disappointed because she outlined mental patterns that are causing disease in the body and how to release them. She definitely challenged me to take on barriers to free up in my own life!

## **5. The Go Giver (Bob Burg and John David Mann)**

- This is a MUST READ for anyone who wants to thrive while making an impact in business and/or life! It's a fiction, story-based book that features a struggling professional who is wanting to achieve more in his life. Running into a variety of barriers, the main character in the book Joe is introduced to the legendary consultant and entrepreneur Pindar who teaches him the "Five Laws of Stratospheric Success." These were profound lessons that reminded and inspired me to focus more on giving in my business, relationships and daily interactions!

## **6. The Checklist Manifesto (Atul Gawande)**

- Dr. Gawande has quickly become one of my favorite authors! I could have also put his book "Being Immortal" here, but I went with this title because it made the biggest immediate tangible impact on my own life. In the book, he outlines the importance of checklists and how they can make things so much more efficient and impactful. Honestly, this book caused me to rethink how I run my entire business in terms of creating systems to measure efficiency, results and impact.

## **7. Chasing Daylight (Eugene O'Kelly)**

- This was another one that really caused me to deeply reflect on my own life. In the book, Eugene O'Kelly, then CEO of KPMG, is grinding every single day to create better results for his company when he is diagnosed with a terminal brain cancer. Given three-and-a-half months to live, he reflects and ultimately decides that he needs a radical adjustment in how he is living his life. In the process, he creates a brand new way of intentional living that focuses sharply on making moments with the people who matter to him most. This book will definitely cause you to reflect on how you are living each day.

## **8. The One Thing (Gary Keller)**

- This was another book that I re-read in 2019. Why? Because it contains a profound lesson that I always need a refresher on to stay focused in my life. In this creative, insightful book, Gary Keller unpacks a simple "One Thing" concept with the power to radically elevate the results in your life. He challenges you to lock in on your most important things that will best allow you to thrive in business and life. If you want to achieve more, then this is a must read book!

## **9. Deep Work (Cal Newport)**

- After hearing about the work that Cal Newport does several times, I decided to order this book on Amazon. I was not disappointed because Cal challenges you to re-consider how you are operating on a day-to-day basis. As a former athlete, I personally LOVED his emphasis on finding different ways to go deeper in your work. This was such a refreshing reminder in a world that continues to urge us to bounce around in a shallow manner.

## **10. Atomic Habits (James Clear)**

- I'm a habit guy so this one was a no brainer! In the book, James Clear outlines a powerful process to help you establish habits that will take your life to an entirely different level. The book has a really neat theme that encourages you to do the little 1% things to get better every single day. He also outlines how to overcome barriers to achieve more in your life.