

Uplift Resources

Uplift's Bookshelf at a Glance– Uplifting Resources and Reads

Self Development and Transition

Feel the Fear and Do it Anyway, Susan Jeffers

Strengthsfinder 2.0

Wellbeing 2.0

Embracing Life's Most Difficult Moments, William Bridges

Managing Transition, William Bridges

The Element, Sir Ken Robinson

The Leap, Rick Smith

The Big Leap, Gay Hendriks

Mindfulness and Meditation and Yoga

Wherever You Go There You Are, Jon Kabat Zinn

Peace Is Every Step, Thich Nhat Hanh

Getting Unstuck, Pema Chodron

The Breathing Book, Donna Farhi

Bringing Yoga to Life, Donna Farhi

Yoga, Mind, Body and Spirit, Donna Farhi

Living Your Yoga, Finding the Spiritual in Everyday Life, Judith Lasater

Yoga for Emotional Balance, Simple Practices to Help Relieve Anxiety and Depression, Bo Forbes

Business

Delivering Happiness, Tony Hseih

Leading Change, John Kotter

Buy-in, John Kotter

Inspire What Great Leaders Do, Lance Secretan

Lynchpin, Seth Godin

Get Real, 26 Women Share Secrets to Authentic Success, Patricia Lovett Reid

The Why of Business, Simon Sinek

One, The Art and Practice of Conscious Leadership, Lance Secretan

Creativity

Drawing On the Right Side of the Brain, Betty Edwards

The Artist's Way, Julia Cameron

