



## AlohaCoach Suggested Reading:

- Siegel, D. (2010). *Mindsight: The New Science of Personal Transformation*. New York, NY: Bantam Books.
- Rosenberg, M. (2003). *Nonviolent Communication: A Language of Life*. Encinitas, CA: Puddledancer Press.
- Neff, K. (2011). *Self-Compassion: The Proven Power of Being Kind to Yourself*. New York, NY: HarperCollins Publishers.
- Seligman, M. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-Being*. New York, NY: ATRIA Paperbacks.
- Fredrickson, B. (2009). *Positivity: Top-Notch Research Reveals the 3-to-1 Ratio that will Change Your Life*. New York, NY: Three Rivers Press.
- Kabat-Zinn, J. (1994). *Wherever You Go There You Are*. New York, NY: Hyperion.
- Bascobert Kelm, J. (2005). *Appreciative Living*. Wake Forest, NC: Venet Publishers.
- Bradberry, T. & Greaves, J. (2009). *Emotional Intelligence 2.0*. San Diego, CA: TalentSmart, Inc.
- Csikszentmihalyi, M. (1990). *Flow: The Psychology of Optimal Experience*. New York, NY: HarpersCollins Publishers.
- Csikszentmihalyi, M. (1997). *Finding Flow: The Psychology of Engagement with Everyday Life*. New York, NY: Basic Books.
- Brown, B. (2012). *Daring Greatly*. New York, NY: Gotham Books.
- Emmons, H. (2010). *The Chemistry of Calm*. New York, NY: Touchstone.
- Goleman, D. (1995). *Emotional Intelligence: Why It Can Matter More Than IQ*. New York, NY: Bantam Books

- Seligman, M. (2002). *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. New York, NY: Free Press.
- Buzan, T. (1993). *The Mind Map Book: How to Use Radiant Thinking to Maximize Your Brain's Untapped Potential*. New York, NY: Penguin Group.
- Lyubomirsky, S. (2007). *The How of Happiness: A New Approach to Getting the Life You Want*. New York, NY: Penguin Group.
- Carson, S. (2010). *Your Creative Brain: Seven Steps to Maximize Imagination, Productivity, and Innovation in Your Life*. San Francisco, CA: Jossey-Bass
- Kozak, A. (2009). *Wild Chickens and Petty Tyrants: 108 Metaphors For Mindfulness*. Somerville, MA: Wisdom Publications.
- Riso, D. & Hudson, R. (1996). *Personality Types: Using the Enneagram for Self- Discovery*. New York, NY: Houghton Mifflin.
- Chestnut, B. (2013). *The Complete Enneagram: 27 Paths to Greater Self-Knowledge*. Berkeley, CA: She Writes Press.
- Orloff, J. (2009). *Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life*. New York, NY: Three Rivers Press.
- Siegel, D. (2013). *Brainstorm: The Power and Purpose of the Teenage Brain*. New York, NY: Penguin Group.
- Riso, D. & Hudson, R. (1999). *The Wisdom of The Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types*. New York, NY: Bantam Books.
- Kashdan, T. (2009). *Curious? Discover the Missing Ingredient to a Fulfilling Life*. New York, NY; HarperCollins.
- Siegel, Daniel J. ((2007). *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*. New York, NY; W..W. Norton & Company, Inc.
- Howe-Murphy, Roxanne (2013). *Deep Living: Transforming Your Relationship to Everything That Matters Through The Enneagram*. Santa Fe, New Mexico; Enneagram Press.
- Kegan, Robert (1994). *In Over Our Heads: The Mental Demands of Modern Life*. Harvard College.
- Kegan, Robert & Lahey, Lisa (2009). *Immunity To Change: How to Overcome It and Unlock the Potential in Yourself and Your Organization*. Harvard College.

- Kegan, Robert & Lahey, Lisa (2001). *How The Way We Talk Can Change The Way We Work: Seven Languages For Transformation*. San Francisco, CA; Jossey-Bass.
- Kahneman, Daniel (2011). *Thinking, Fast and Slow*. New York, NY; Farrar, Straus, and Giroux.
- Goleman, Daniel (2006). *Social Intelligence: The Revolutionary New Science of Human Relationships*. New York, NY; Random House.
- Lieberman, Matthew D. (2013). *Social: Why Our Brains Are Wired to Connect*. New York, NY; Broadway Books.
- McGonigal, Kelly Ph. D. (2012). *The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It*. New York, NY; The Penguin Group.
- Rater, John J. MD (2008). *Spark: The Revolutionary New Science of Exercise and The Brain*. New York, NY: Little, Brown & Co.
- Lyubomirsky, Sonja (2013). *The Myths of Happiness: What Should Make You Happy, but Doesn't, What Shouldn't Make You Happy, but Does*. New York, NY; The Penguin Group.
- Pantalon, Michael V. (2011). *Instant Influence: How to Get Anyone to Do Anything – Fast*. New York, NY; Little, Brown & Co.
- Kashdan, Todd Ph. D. (2014). *The Upside of Your Dark Side: Why Being Your Whole Self—Not Just Your “Good” Self—Drives Success and Fulfillment*. New York, NY: Hudson Street Press.
- Scott, Susan (2004). *Fierce Conversations: Achieving Success at Work & in Life, One Conversation at a Time*. New York, NY; The Berkeley Publishing Group.