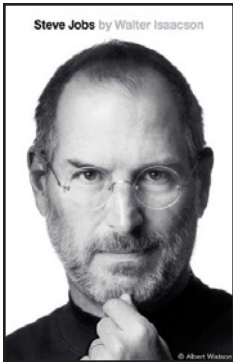


# 2017 Summer Reading List

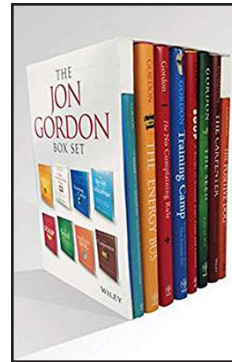
## • BUSINESS •



### Steve Jobs

By: Walter Isaacson

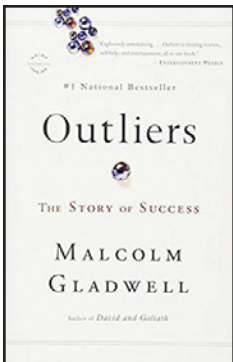
This biography is based on more than forty interviews with Jobs conducted over two years—as well as interviews with more than a hundred family members, friends, adversaries, competitors, and colleagues.



### Jon Gordon Box Set

By: Jon Gordon

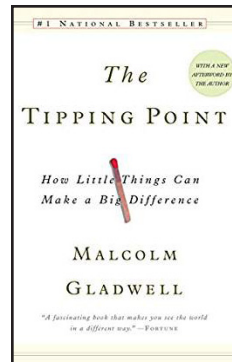
A collection of eight engaging and powerful books designed to fuel your life with vision, passion, positivity, and purpose.



### Outliers

By: Malcolm Gladwell

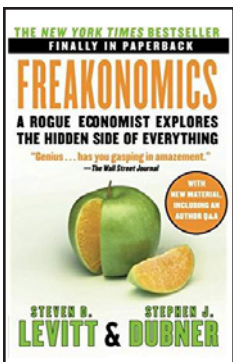
Gladwell gives his theories on secrets of software billionaires, what it takes to be a great soccer player, why Asians are good at math, and what made the Beatles the greatest rock band. Brilliant and entertaining, *Outliers* is a landmark work that will simultaneously delight and illuminate.



### The Tipping Point

By: Malcolm Gladwell

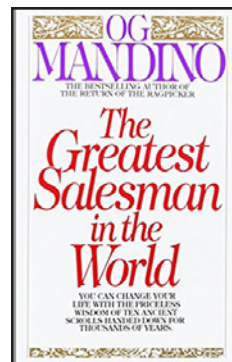
The tipping point is that magic moment when an idea, trend, or social behavior crosses a threshold, tips, and spreads like wildfire. This widely acclaimed bestseller explores and illuminates the tipping point phenomenon, which is already changing the way people throughout the world think about selling products and disseminating ideas.



### Freakonomics

By: Steven D. Levitt and Stephen J. Dubner

A freakish look at data and economics that becomes a study of how people get what they want.



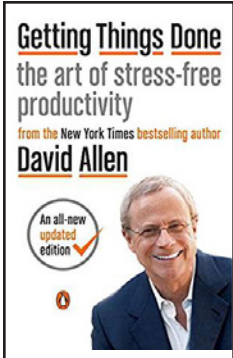
### The Greatest Salesman in the World

By: Og Mandino

*The Greatest Salesman in the World* teaches you how to change your life by applying the secrets of the ancient scrolls.

# 2017 Summer Reading List

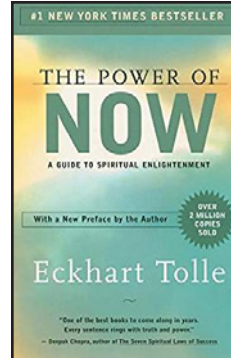
## • MOTIVATIONAL •



### Getting Things Done

By: David Allen

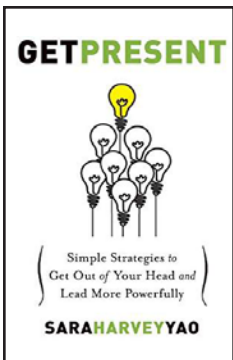
Allen provides insights into attaining maximum efficiency while relaxing. Readers learn that there is no single means for perfecting organizational efficiency or productivity; rather, the author offers tools to focus energies without letting anything fall through the cracks.



### The Power of Now

By: Eckhart Tolle

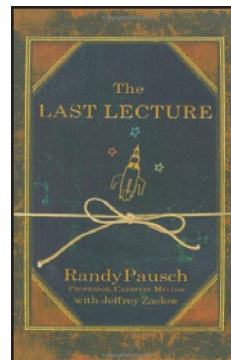
This book takes readers on a spiritual journey to find their deepest self and reach their ultimate personal growth and spirituality. Featuring a new preface by the author, readers regain an awareness of being.



### Get Present

By: Sara Harvey Yao

In Get Present, Yao teaches readers how to access an infinite supply of energy, resilience, innovation, and compassion. Getting present will not only improve how you lead, but will also transform your career, relationships, health, and even our world.



### The Last Lecture

By: Randy Pausch

In his book, Randy Pausch combines the humor, inspiration and intelligence that made his lecture such a phenomenon. This book will be shared for generations to come. "We cannot change the cards we are dealt, just how we play the hand." – Randy Pausch

EAST WEST

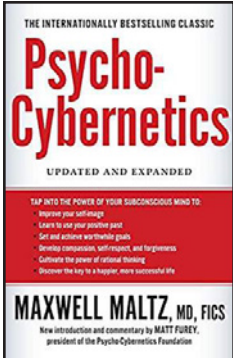


INSTITUTE

MASTERING THE ART OF LIVING

# 2017 Summer Reading List

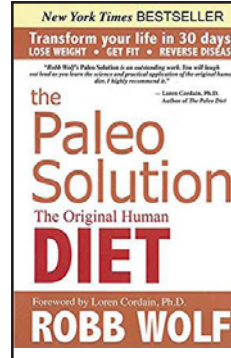
## • PERSONAL WELLNESS & HEALTH •



### Psycho-Cybernetics

By: Maxwell Maltz

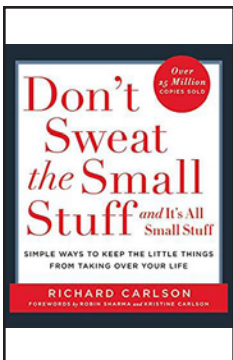
Testimonials and stories are interspersed with techniques for relaxation and visualization. Dr. Maxwell Maltz teaches you his techniques of “emotional surgery” – the path to a dynamic new self-image and self-esteem, capable of achieving the success and happiness you deserve!



### The Paleo Solution

By: Robb Wolf

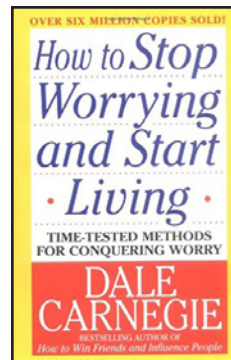
The Paleo Solution incorporates the latest cutting edge research from genetics, biochemistry, and anthropology to help you look, feel, and perform your best. This book is written by Robb Wolf, a research biochemist who traded in his lab coat and pocket protector for a whistle and a stopwatch, and became one of the most sought after strength and conditioning coaches in the world.



### Don't Sweat the Small Stuff

By: Richard Carlson

The groundbreaking inspirational guide detailing how to put challenges into perspective and reduce stress and anxiety through small daily changes, allowing you to find the path to achieve your goals.



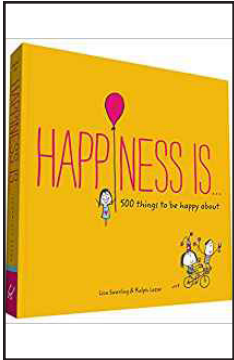
### How to Stop Worrying and Start Living

By: Dale Carnegie

Carnegie offers a set of practical formulas that you can put to work immediately. More than six million people have learned how to eliminate debilitating fear and worry from their lives and embrace a worry-free future.

# 2017 Summer Reading List

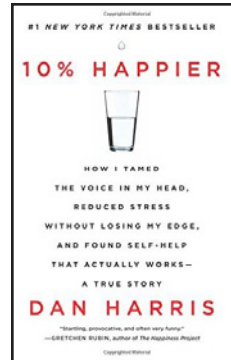
## • IN SEARCH OF HAPPINESS •



### **Happiness Is...**

*By: Lisa Swerling*

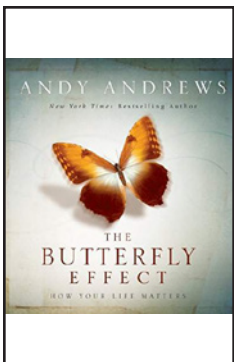
*Happiness Is...* an unexpected bouquet, watching the sea, fixing something, a good high five, and so much more! The charming, make-you-smile illustrations hit just the right note – not too sappy, not too sweet – and remind us that there are dozens of things to be happy about every day.



### **10% Happier**

*By: Dan Harris*

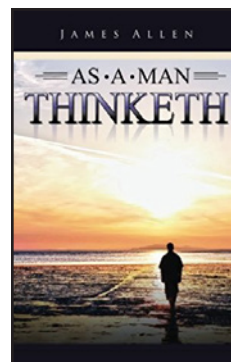
*10% Happier* takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.



### **The Butterfly Effect**

*By: Andy Andrews*

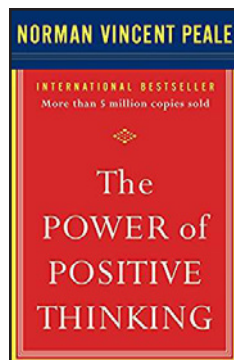
The decisions you make and the way you treat others have more impact than you may ever realize. Speaker and New York Times best-selling author Andy Andrews shares a compelling and powerful story about a decision one man made over a hundred years ago, and the ripple effect it's had on us individually and nationwide, today.



### **As A Man Thinketh**

*By: James Allen*

Eminently quotable and full of practical advice for individuals who want to better themselves, *As a Man Thinketh* is an essential masterpiece which explains and promotes the direct connection between our thoughts and our happiness.



### **The Power of Positive Thinking**

*By: Dr. Norman Vincent Peale*

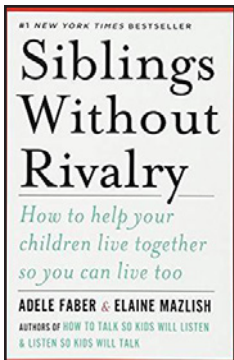
An international bestseller with over five million copies in print, *The Power of Positive Thinking* has helped men and women around the world achieve fulfillment in their lives through Dr. Norman Vincent Peale's powerful message of faith and inspiration.



MASTERING THE ART OF LIVING

# 2017 Summer Reading List

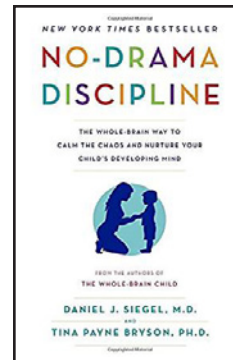
## • COMMUNICATION & RELATIONSHIPS •



### **Siblings Without Rivalry**

*By: Adele Faber and Elaine Mazlish*

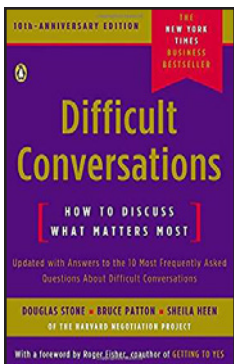
This wise, groundbreaking book gives parents the practical tools they need to cope with conflict, encourage cooperation, reduce competition, and make it possible for children to experience the joys of their special relationship.



### **No-Drama Discipline**

*By: Daniel J. Siegel and Tina Payne Bryson*

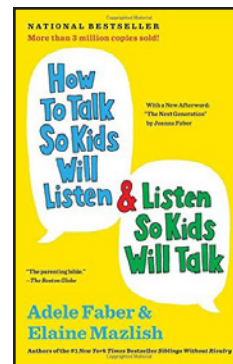
*No-Drama Discipline* provides an effective, compassionate road map for dealing with tantrums, tensions, and tears—without causing a scene.



### **Difficult Conversations**

*By: Douglas Stone*

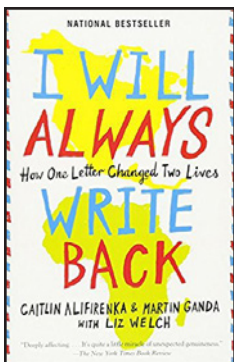
*Difficult Conversations* provides a step-by-step approach to having those tough conversations with less stress and more success.



### **How to Talk So Kids Will Listen & Listen So Kids Will Talk**

*By: Adele Faber and Elaine Mazlish*

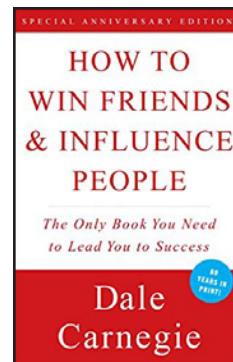
This bestselling classic includes fresh insights and suggestions as well as the author's time-tested methods to solve common problems and build foundations for lasting relationships, including innovative ways to cope, express, and communicate.



### **I Will Always Write Back**

*By: Martin Ganda and Caitlin Alifirenka*

Caitlin and Martin recount how they became best friends – and better people – through their long-distance exchange. Their story will inspire you to look beyond your own life and wonder about the world at large and your place in it.



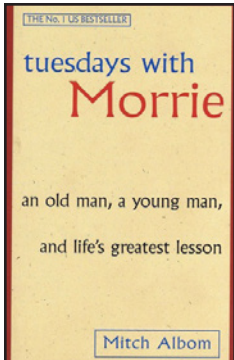
### **How to Win Friends & Influence People**

*By: Dale Carnegie*

For more than sixty years the rock-solid, time-tested advice in this book has carried thousands of people up the ladder of success in their business and personal lives. Discover how to achieve your maximum potential!

# 2017 Summer Reading List

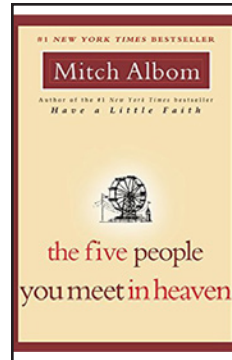
## • INSPIRATIONAL FICTION •



### **Tuesdays with Morrie**

*By: Mitch Albom*

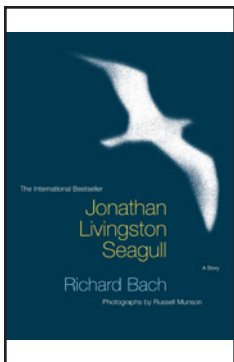
*Tuesdays with Morrie* is a magical chronicle of time between Albom and a dying man, through which Albom shares Morrie's lasting gift with the world.



### **The Five People You Meet in Heaven**

*By: Mitch Albom*

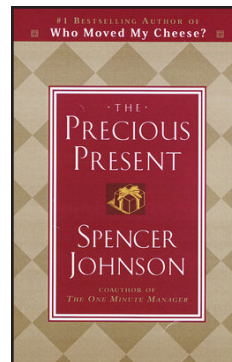
Mitch Albom gives us an astoundingly original story that will change everything you've ever thought about the afterlife— and the meaning of our lives here on earth. With a timeless tale, appealing to all, this is a book that readers of fine fiction will cherish.



### **Jonathan Livingston Seagull**

*By: Richard Bach*

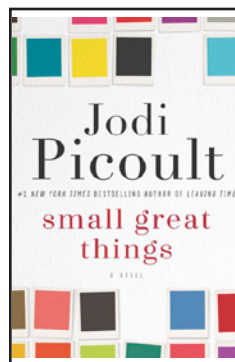
A classic story about a seagull learning about life and flight, and a commentary on self-perfection.



### **The Precious Present**

*By: Spencer Johnson*

Telling a story of vital significance in today's fast paced, competitive environment, *The Precious Present* will help you discover the joy in the life we all seek.



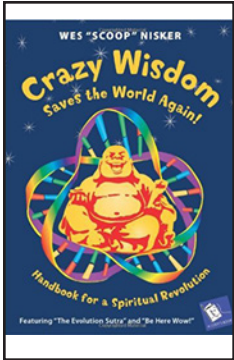
### **Small Great Things**

*By: Jodi Picoult*

Ruth tries to keep life as normal as possible for her family— especially her teenage son— as the case becomes a media sensation. As the trial moves forward, Ruth and Kennedy must gain each other's trust, and come to see that what they've been taught their whole lives about others— and themselves— might be wrong. With incredible empathy, intelligence and candor, Jodi Picoult tackles race, privilege, prejudice, justice, and compassion.

# 2017 Summer Reading List

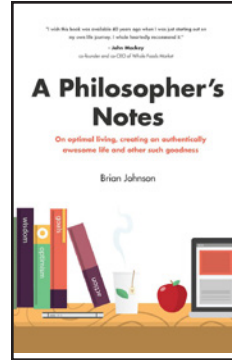
## • PERSONAL DEVELOPMENT •



### **Crazy Wisdom**

*By: Wes 'Scoop' Nisker*

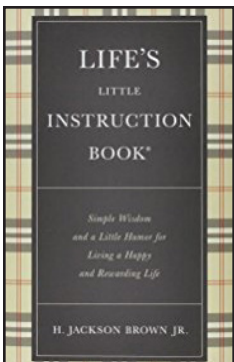
Take a wild and rickety ride through the philosophies of the East and West to discover the madmen, dreamers, and unconventional wisdom seekers in the best-selling cult classic.



### **A Philosopher's Notes**

*By: Brian Johnson*

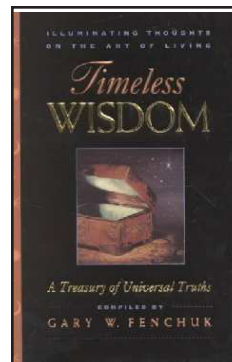
You'll have fun getting your wisdom on in this inspiring, playful, wise and practical little book as Brian Johnson shares one hundred of his favorite Big Ideas on how to create a life brimming with a radiant enthusiasm.



### **Life's Little Instruction Book**

*By: Jackson Browne Jr.*

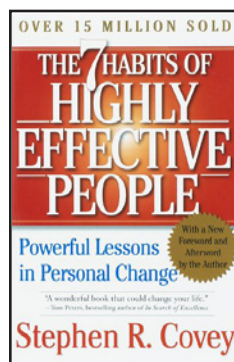
"We know we should be understanding and thoughtful, responsible, courageous, and appreciative. It's just that we sometimes need reminding." *Life's Little Instruction Book* is that reminder.



### **Timeless Wisdom**

*By: Gary Fenchuk*

"Timeless Wisdom" is a powerful collection of the wisest, wittiest, and most inspirational quotes of all time! Featuring over 700 universal truths and eternal values, this is a life-changing guidebook on the "art of living".



### **The 7 Habits of Highly Effective People**

*By: Stephen R. Covey*

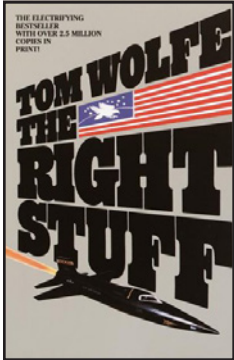
The 7 Habits of Highly Effective People is a comprehensive program based on developing an awareness of how perceptions and assumptions hinder success—in business as well as personal relationships. Here's an approach that will help broaden your way of thinking and lead to greater opportunities and effective problem solving.



MASTERING THE ART OF LIVING

# 2017 Summer Reading List

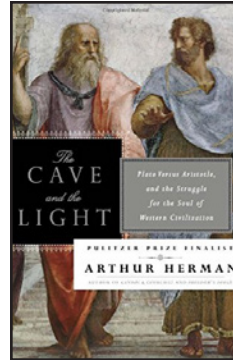
## • REFLECTIONS ON PIVOTAL MOMENTS IN TIME •



### **The Right Stuff**

*By: Tom Wolfe*

Millions of words have poured forth about man's trip to the moon, but until now few people have had a sense of the most engrossing side of the adventure; namely, what went on in the minds of the astronauts themselves— in space, on the moon, and even during certain odysseys on earth. It is this, the inner life of the astronauts that made *The Right Stuff* a classic.



### **The Cave and the Light**

*By: Arthur Herman*

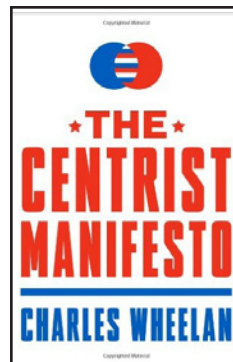
A serious argument for the primacy of Plato and Aristotle and the essential dynamism of a culture that embraces both philosophies.



### **Way of the Peaceful Warrior**

*By: Dan Millman*

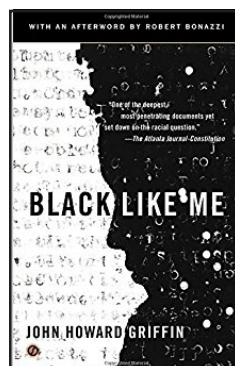
Based on a true story of Dan Millman, a world champion athlete, who journeys into realms of romance and magic, light and darkness. Guided by a powerful old warrior named Socrates, Dan is led toward a final confrontation that will deliver or destroy him.



### **The Centrist Manifesto**

*By: Charles Wheelan*

Wheelan writes that now is the time for a pragmatic Centrist party that will embrace the best Democratic and Republican ideals, moving us forward on the most urgent issues for our nation. Wheelan – who not only lectures on public policy but practices it as well, brings even more than his usual wit and clarity of vision to *The Centrist Manifesto*.



### **Black Like Me**

*By: John Howard Griffin*

Concerned by the lack of communication between the races and wondering what "adjustments and discriminations" he would face as a Negro in the Deep South, the late author, a journalist and self-described "specialist in race issues," left behind his privileged life as a Southern white man to step into the body of a stranger.



MASTERING THE ART OF LIVING