

Empowering Reads for Summer 2023

MAKING THE WORLD OF WORK BETTER
AND LIFE RICHER

Books/Audiobooks curated by our whole plink team for you!

Read/Listen

On neurodiversity and reframing your judgments:

Laziness does not exist

A great piece on how our misconceptions can get in the way of inclusive leadership.

On creating psychological safety with attention to DEI factors:
Black Employees Face Backlash From White Managers When They Self-Promote At Work

On your impact on others in the workplace:
How bosses impact the mental health of the people they lead

On setting boundaries: Set Boundaries, Find Peace,
by Nedra Glover Tawwab

On becoming a leader who can deal with complexity effectively: Changing on the Job, by Jennifer Garvey Berger

On winning the war on distraction: Stolen Focus: Why You Can't Pay Attention – and How to Think Deeply Again, by Johann Hari

On creating priorities and protecting the asset: Essentialism: The Disciplined Pursuit of Less,
by Greg McKeown

Paradigm shift in the first read. Excellent re-read when you've lost your mojo.

On defining what matters most: The Lazy Genius Way,
by Kendra Adachi

On creating better habits (always worth a re-read!): Atomic Habits, by James Clear

A methodology for putting common knowledge into everyday practice.

Watch/Subscribe

On neurodiversity: How to ADHD *Excellent resources to better understand the strengths, challenges, and strategies of ADHD.*

On setting better boundaries in the workplace: Your 3-Step Guide to Setting Better Boundaries at Work

On getting mindful: Calm app *The Sleep Stories within Calm are an excellent technique for down-shifting the mind for sleep; listen to Daily Jay and Daily Trip for guided meditations.*

PositiveLeader® Mojo Tips

@gretchenpiano

A Note from Gretchen

In my experience, the power of reading is not so much that the author is telling you something you don't already know, but that in the act of reading, you are connecting your own experience to a new way of thinking, which leads to inspired action.

Avoid the aspirational stack on your nightstand. Choose one summer read/listen and go for it. When you finish it, choose the next.

Read on,

On changing the way you are thinking about a problem: What's Your Problem?, by Thomas Wedell-Wedellsborg.

Fantastic book to pop you right out of the box!

On befriending your mind: Soundtracks: The Surprising Solution to Overthinking (Overcome Toxic Thought Patterns and Take Control of Your Mindset), by Jon Acuff

On being a bolder, well-spoken leader: The Referable Speaker, by Michael Port

A fantastic framework for organizing your thinking before you make the pitch, presentation, or speech.

Smart Brevity will change the way you write forever.

On creating wealth: We Should All Be Millionaires: A Woman's Guide to Earning More, Building Wealth and Gaining Economic Power, by Rachel Rodgers

If you prefer audiobooks, Rachel reads her own and does a fantastic job of it.

Rich Dad, Poor Dad, by Robert T. Kiyosaki

