

Recommended Reading by Steve Head Ltd

How To Avoid A Near Life Experience by Stephen Head

Practical tips and strategies on making the most of who you are
Contact Stephen on 07774 110937 or Visit www.stevehead.co.uk

The 7 Habits of Highly Effective People by Stephen R Covey

Life principles to live and work by

Now Discover your Strengths by Marcus Buckingham

More insights into working on strengths following the First break all the rules publication.

The one thing.....you need to know about great managing, great leading and sustained individual success (2006)
by Marcus Buckingham

YES - 50 Strategies On Persuasion by Robert Cialdini.

This is a must read for anyone who has to influence others 2008

Strengths Finder by Tom Rath 2008

Outliers by Malcolm Gladwell

The story of success -10000 hours of practice make perfect

The Power of Nice

Why its so important to be nice to everyone - it could cost or make you millions

Self Help by Samuel Smiles

Talent helps but its effort and PERSISTENCE that gets results

Harvard Business Review Jan Feb 2014

Great Place to Work

Trust, Pride and Camaderie...getting the environment right to ensure your people thrive

Depressive Illness Written by Tim Cantopher

The curse of the strong 2012 edition

If you feel stressed, taking on too much, never really happy, its never enough then you need to read this book

The Chimp Paradox

By Prof Steve Peters

If you are interested in why we are sometimes our own worst enemy? Or why we get agitated, or angry over daft things. Or how to stay on track and stop procrastinating to achieve your goals. Then this book is just outstanding.
It worked for Sir Chris Hoy !!

04 04 04 BY Matt King

This book was written in 2015 by my good friend Matt King

Matt's story is so incredible that if it was made into a movie you seriously would not believe it

A boy of 17 breaks his neck in the first 20 seconds of his first professional rugby league game

His life stopped

But the story of how he progressed from that point is all about the power of 149.....

Please buy this book

Matt King is a beautiful man and reminds us all about the potential of human kind and human kindness...

Win Win by Derek Arden

How to get a winning result from persuasive negotiation.

Derek is a master of negotiation and shares practical insights to help you plan for and achieve more effective outcomes in your negotiations and relationships

Black Box Thinking. By Matthew Syed

Understand the importance of creating a Fear Free culture so that we can treat Failure as learning. So that we can improve our performance quicker. Not repeat the same mistakes. Minimise Wilful Blindness...

In essence a great book to reinforce the benefits of a 149 culture...its OK to mess up just open up, be honest, be accountable, learn and grow.

Wilful BLINDNESS.....Margaret Heffernan

I brilliant insight into the human ability to ignore the blindingly Obvious...not consciously but in order to cope.

It will open you mind to the risks we choose to ignore, cognitive dissonance etc

How to be Human by Ruby Wax

Great insights into the mind. Stress, mental wellbeing etc

Now for the good News Ruby Wax

Taking stock of the world we live in and strategies and innovations that are already helping and will undoubtedly help in our future

Mind over medicine Lissa Rankin

Can you think yourself sick? Equally, can you think yourself well?

You will be amazed by the EVIDENCE presented by this amazing Doctor, sharing insights into the power of the Mind and the importance of being surrounded by loving encouraging friends and family how you can literally think yourself well or sick!!!

You are the placebo by Joe Dispenza

Very aligned with Lissa Rankin's book (above) the power of the mind to make us well or sick!!!! Lots of interesting science too

Factfulness by Hans Rosling

If you want to feel more optimistic about the world. If you want to know the facts about poverty, education etc then you must read this.

Man's Search for Meaning by Viktor E Frankl.

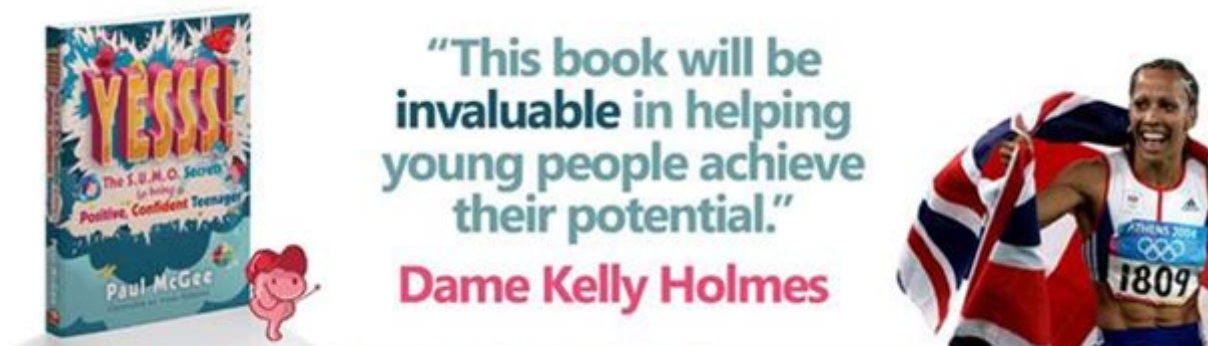
An incredible book. Originally published in 1946! Frankl was a psychiatrist held in Auschwitz. The story is mesmerising and reminds us that having meaning and purpose are as crucial as food and water.

My Hidden Chimp

If you have children...this is a brilliant insight into their minds...I wish it had been written 20 years ago

Daring Greatly by Brene Brown

A beautiful book about being courageous enough to be vulnerable.
This book makes you think about yourself. To be kinder to yourself



To order YESSS! by Paul McGEE on Amazon now click [here](#)

Easy Peasy puppy squeezey By Steve Mann

If you want to learn some great principles that create helpful behaviours, then this is a fun read

The Puppy training book my son gave to me. Its 149 in action.

Harvard Bus Rev. Jan Feb 2012

The Value of happiness, how employee wellbeing drives profit.

Page 100 Positive Intelligence. Shawn Achor

Will it make the boat go faster by Ben Hunt Davis

Tips to creating a focused approach that will create best results for you and your business

Thinking Fast and Slow by Daniel Kahneman

Understanding the Experiential brain and the remembering brain?

What drives our day to day behaviour?

This is a brilliant insight into System 1 thinking (Chimp) and system 2 (Logical thinking brain)

If you are interested in human behaviour then you'll love this.

Happy by Darren Brown

What makes us happy? What is happiness?

Derren Brown takes us on an insightful journey into the History of Philosophy up to the modern day. Fascinating and unbelievably relevant in today's technologically driven information overloaded world.

The Expectation Effect

By David Robson

This book is one of the most powerful I've read in years. What we focus on and what we expect has a significant impact on what manifests in our lives. From health to financial to relationships.

Much of what is in this book I have practiced most of my life and I can confirm it really does have a positive impact.

If you want to overcome obstacles in life more effectively

If you want to stay fit and well

If you want to age more gracefully

Then this is book for you.

Can't Hurt Me by David Goggins (contains some strong language)

This is an incredible book if you like to understand the capacity of the human mind and body.

Its 149 personified

The audible version has podcast interviews throughout.

What this man has put himself through is extraordinary and motivated my 26 year old son to train for an iron man.

How to think like a Roman Emperor

By DONALD ROBERTSON

Brilliant insight into Stoic Principles.

You will learn about handling adversity, Anger Stress difficult people etc

2000 year old philosophy turns out to be relevant more than ever today.

NLP RELATED

The magic of Metaphor by Nick Owen

Head First by Tony Buzan tapping into your natural genius

Selling with NLP by Kerry I Johnson

Don't think of Purple Spotted Oranges by Martin Shervington

**Books recommended by my wife Abby
These are very much about Women's Health**

Fast Like A Girl by Dr Mindy Pelz

Learning so much about nutrition and the amazing power of your body to heal itself through fasting...its not as challenging as you might think.

The Menopause Reset by Dr Mindy Pelz

Ultra Processed People by Dr Chris Van Tulleken

This is simply eye opening. You will learn so much about the foods we eat and ways to improve our health hormones and vitality.

Hack Your Hormones by Davinia Taylor

**Loads of practical tips and tools to create better focus sleep and energy
Abby is following her programme and is so loving the benefits. Also sharing it with our beautiful daughter Anna. Its has uplifted her mood dramatically.**