

The Institute of Applied Human Excellence

Reading List

- As A Man Thinketh by James Allen
- Emotional Intelligence by Daniel Goleman
- Feeling Good: The New Mood Therapy by Dr. David Burns
- First, Break All The Rules by Marcus Buckingham and Curt Coffman
- Flow by Mihaly Csikszentmihalyi
- Freedom Through Higher Awareness by Wayne Dyer
- Good to Great by Jim Collins
- How to Win Friends and Influence People by Dale Carnegie
- In Pursuit of Excellence by Terry Orlick
- In Search of Excellence by Tom Peters and Robert H. Waterman
- Learned Optimism by Dr. Martin Seligman
- Man's Search for Meaning by Victor Frankl
- Mental Toughness Training for Life by Dr. James Loehr
- Mind Over Golf by Alan Fine
- Optimal Experience by Mihaly Csikszentmihalyi & Isbella Csikszentmihalyi
- Peak Performance by Charles Garfield
- Personal Power II by Tony Robbins
- Self-Efficacy by Dr. Albert Bandura
- The Art of Exceptional Living by Jim Rohn
- The Autobiography of Benjamin Franklin by Benjamin Franklin
- The Fifth Discipline by Peter Senge
- The Greatest Salesman in the World by Og Mandino
- The Inner Game of Tennis by Timothy Galwey
- The New Guide to Rational Living by Dr. Albert Ellis
- The Power of Full Engagement by Dr. James E. Loehr & Tony Schwartz.
- The Power of Positive Thinking by Norman Vincent Peale
- The Psychology of Achievement by Brian Tracy
- The Psychology of Winning by Dr. Dennis Waitley
- The Relaxation Response by Dr. Herbert Benson
- The Richest Man in Babylon by George C. Clason
- The Seven Habits of Highly Effective People by Dr. Stephen R. Covey
- The Strangest Secret by Earl Nightingale
- The Stress of Life by Hans Selye
- The Tao of Leadership by John Heider
- The Way of Zen by Alan Watts
- The Web of Life by Frijof Capra
- Think and Grow Rich by Dr. Napoleon Hill
- Zen and the Martial Arts by Joe Hyams

