

My Top Picks of Personal Growth Reads

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By Helen Neary



The Gifts of imperfections – Brene Brown

I've read this twice and I know I will read it again... and again! Brene writes in an accessible way about how we all have imperfections and that is something to embrace and love about ourselves. Once we do this we will give up the feelings of inadequacy or shame and live wholeheartedly as we deserve. I adored reading this book.

Flourish – Martin Seligman

I relate to Martin's writing as he is a world renowned Psychologist and founder of the Positive Psychology approach. In this book he provides numerous options to us all on how we can live well and enjoy what we have and how to be content.

Man's search for Meaning – Victor Frankl

Victor's profound perspective on being an Auschwitz prisoner and his subsequent writings on what we really need to be healthy – emotionally - is truly enlightening. The theme that hope and meaning are the key components to living well resonated with me. Victor went on to develop logotherapy which literally means "healing through meaning". A powerful read for anyone

Growth Mindset – Dr Carol Dweck

A must read for any teacher, parent, actually anyone. As a cognitive psychologist, Carol provides a research based read on how our minds are constantly changing and growing. Once we accept this, we are capable of achieving our goals and handling the challenges and disappointments along the way.

Choice – Edith Edgar

I've given this book as a gift to some of my closest friends. Edith is another Auschwitz survivor who has remarkable resolve to choose hope, optimism and love over anything else. She writes her story from her professional stance as a clinical psychologist which gives the book many layers; an informative insight into life as a Jew in 1940's Europe and an immigrant to America later in life, and as a psychologist with a depth for the human spirit and how to heal it.

5 second rule – Mel Robbins

This straight talking book provides a brilliant strategy for doing all the things you want to do but never quite feel like it! Mel's words really got me taking the actions I wanted with my career. This book is relevant to all and is practically written and applies to any area of life. I use her strategy regularly with clients.

Feel the Fear and Do it Anyway – Susan Jeffers

I read this aged 17 and for me this was a game changer. One of the first books that encourages us to pause and acknowledge our fear, concerns, insecurities and then still move forward with a wisdom that we can and deal with all ups and downs that are part of life.

The Road Less Travelled – M Scott Peck

Another early read for me as an 18 year old which propelled me to explore within myself and others how we are fundamentally the same and share the majority of core problems and pain in life. This book increases our self-awareness on how we need to grow in order to become one's own person, capable of deep love.

The Alchemist – Paulo Coelho

A beautifully written story that is really a parable about listening to our inner wisdom and allowing ourselves to be who we have the potential to be even when there are external forces influencing us.



**HELEN NEARY
COACHING**

gain clarity & confidence