



References by Topic and Chapter: From [Leading with Gratitude](#)

Gratitude

Simple Abundance: A Daybook of Comfort and Joy by Sarah Ban Breathnach. This is the book that started it all for me. I read it daily and followed her suggestions for almost four years.

Thanks! How Practicing Gratitude Can Make You Happier by Robert A. Emmons, PhD. Love this book! It combines research, history, stories, and reflections on personal gratitude.

Thank & Grow Rich: A 30-Day Experiment in Shameless Gratitude and Unabashed Joy by Pam Grout. I like this book for the author's fun and culturally current writing style (even if you don't follow the 30-day program).

Gratitude: A Way of Life by Louise L. Hay. A collection of essays by almost 50 of the leading gratitude gurus. Read a few a day. Some will resonate more than others.

Gratitude: An Intellectual History by Peter J. Leithart. Does an excellent job of exploring history and the changing shape of gratitude over the years. An expensive textbook that is not for the faint of heart.

Gratitude by Oliver Sacks. A short, life-inspiring book that contains four essays Sacks wrote in his later years.

Grace Trail: Find Your Footing and Move Toward the Life You Were Meant to Live by Anne Barry Jolles. Asking yourself these five life-changing questions can help bring you into a state of "Grace," enabling you to create the life that you truly want to live.

Managing for Happiness: Games, Tools, and Practices to Motivate Any Team by Jurgen Appelo. This is a beautiful, colorful book packed with practical ideas and stories of creating joy and happiness at work.

Communication

The Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead Effectively by [Helio Fred Garcia](#). Powerful and interesting book using current culture to make points.

Taking Flight!: Master the DISC Styles to Transform Your Career, Your Relationships...Your Life by Merrick Rosenberg and Daniel Silvert. This book uses a fable to explain DISC. The second half is a how to.

Conversational Intelligence: How Great Leaders Build Trust and Get Extraordinary Results by Judith E. Glaser. Brilliant and perfectly maps how to move conversations out of survival lockdown.

Fixing Feedback by Georgia Murch. Feedback, accountability, and leadership topics are all tackled in a straightforward way in this book.

Coaching

International Coach Federation, a nonprofit, global professional organization for coaches. It offers coach certifications, schools, and trainings. You can learn more at www.CoachFederation.org.

Co-active Coaching: New Skills for Coaching People Toward Success in Work and Life by Laura Whitworth, Karen and Henry Kimsey-House, and Phillip Sandahl. Classic coaching book that is the basis for The Coaches Training Institute. You can learn more at www.coactive.com.

What Got You Here Won't Get You There by Marshall Goldsmith. Executive coach Goldsmith talks about common challenges managers face when moving up the chain.

Leadership

Leadership and the One Minute Manager by Ken Blanchard. A classic that is a quick read (and quick to do).

The Leadership Challenge by James M. Kouzes and Barry Z. Posner. Extensive book on all things leadership.

Discover Your True North: Becoming an Authentic Leader by Bill George. A more personal approach to leadership.

Leadership from the Inside Out: Becoming a Leader for Life by Kevin Cashman

“What Makes a Leader?” a *Harvard Business Review* article by Daniel Goldman

“What Leaders Really Do,” a *Harvard Business Review* article by John Kotter

Teams and Trust

The Speed of Trust: The One Thing That Changes Everything by Stephen M.R. Covey

The Five Dysfunctions of a Team: A Leadership Fable by Patrick Lencioni

Personal and Business Success

Outliers: The Story of Success by Malcolm Gladwell

Triggers: Creating Behavior That Lasts—Becoming the Person You Want to Be by Marshall Goldsmith

Kiss, Bow, or Shake Hands: The Bestselling Guide to Doing Business in More than 60 Countries by Terri Morrison and Wayne A. Conaway

Winning the Brain Game: Fixing the 7 Fatal Flaws of Thinking by Mathew E. May

Better Than Before: What I Learned About Making and Breaking Habits—to Sleep More, Quit Sugar, Procrastinate Less, and Generally Build a Happier Life by Gretchen Rubin

Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead by Brené Brown

Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent and Lead by Brené Brown

“How to Become Great at Just About Anything,” a 2016 podcast by Stephen J. Dubner. You can find it at <http://freakonomics.com/podcast/peak/>.

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