

Extreme book nerd

Nampa Public Library



SELF-IMPROVEMENT

- The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change - Stephen R. Covey
- Eat That Frog! 21 Great Ways to Stop Procrastination and Get More Done in Less Time - Brian Tracy
- Mindsight: The New Science of Personal Transformation - Daniel J. Siegel
- Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead, - Brene Brown
- Man's Search For Meaning - Viktor E. Frankl
- The Subtle Art of Not Giving a F*ck - Mark Manson
- You are a Badass: How to Stop Doubting Your Greatness and Start Living An Awesome Life -Jen Sincero
- Atomic Habits - James Clear
- Maybe You Should Talk To Someone - Lori Gottlieb
- Boundaries: When To Say Yes, How To Say No To Take Control of Your Life - Dr. Henry Cloud & John Townsend
- The Sacred Enneagram: Finding Your Unique Path to Spiritual Growth - Christopher L. Heuertz
- The Road Back To You: An Enneagram Journey to Self-Discovery - Ian Morgan Cron & Suzanne Stabile
- Mindset: The New Psychology of Success - Carol S. Dweck
- The 5 Second Rule: Transform Your Life, Work and Confidence With Everyday Courage - Mel Robbins
- Do It Scared: Finding the Courage to Face Your Fears, Overcome Adversity, and Create a Life You Love - Ruth Soukup