

I Want to Be Rubber But I Feel Like Glue

» HOW TO «

Regain YOUR Personal and Professional Bounce

BECK

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Some of this we learned through trial and error, but we also had help from resources--which we want to share:

FACE FEAR

Books

- *Daring Greatly* by Brene Brown
- *Quitter* by Jon Acuff
- *The War of Art* by Steven Pressfield

Online

- Robin Sharma's blog | robinsharma.com/blog
- Living Life at 90% by Diamond Dallas Page | vimeo.com/87253426 (1hr)

UNBLOCK THE PASSION INSIDE

Books

- *A Life of Being, Having and Doing Enough* by Wayne Muller
- *Boundaries* by Dr. Henry Cloud and Dr. John Townsend
- *It's Just my Nature - A Guide to Knowing and Living Your True Nature* by Carol Tuttle
- *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are* by Brene Brown
- *The Power of Less* by Leo Babauta

Online

- 750words.com

BREAK THE RULES AND MAKE SIGNIFICANT CHANGES

Books

- *Everything That Remains* by Joshua Fields Millburn and Ryan Nicodemus
- *Multipliers* by Liz Wiseman
- *Simple Living - 30 days to less stuff and more life* by Lorilee Lippincott

Online

- Challenge your leadership status quo... Rosabeth Moss Kanter | blogs.hbr.org/rosabeth-moss-kanter/
- Dave Ramsey: Baby Steps | daveramsey.com/new/baby-steps/
- Life Reimagined | lifereimagined.aarp.org
- Project333.com
- The Energy Project: Key Ideas | theenergyproject.com/key-ideas
- Zen Habits: <http://zenhabits.net/>

