What Matters Book List

There are no set texts for the course, but we have put together a list of our favourite books to support you in your self study. Please take a look at the list, and choose any titles that speak to you.

COACHING:

- Co-Active Coaching by Kimsey-House, Sandahl, Whitworth
- Daring Greatly by Brene Brown
- The Coaching Habit by Michael Bungay-Stanier
- The Life Coaching Handbook by Curly Martin
- The Power of Vulnerability by Brene Brown
- The Seven Habits of Highly Effective People by Stephen Covey
- The Storyteller's Secret by Carmine Gallo
- The Structure Of Magic Vol 1 by John Grinder and Richard Bandler
- The Work – 4 Questions that Can Change your Life by Byron Katie
- Time to Think by Nancy Kline

PERSONAL DEVELOPMENT:

- 10% Happier by Dan Harris
- Awaken The Giant Within by Tony Robbins
- Barking Up The Wrong Tree by Eric Barker
- Blink by Malcolm Gladwell
- Buddha's Brain by Rick Hansen
- How To Be Brilliant by Michael Heppell
- Learned Optimism by Martin Seligman
- Man's Search For Meaning by Viktor Frankl
- One Small Step Can Change Your Life – The Kaizen Way by Robert Mauer
- Switch by Chip and Dan Heath
- The 4 Agreements by Don Miguel Ruiz
- The Clarity Method by Tim Brownson
- The Power of Full Engagement by Jim Loehr and Tony Shwartz
- The Upward Spiral by Alex Korb

What Matters Book List

COPARENTING:

- The Explosive Child [Sixth Edition]: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children by Ross W Greene

NEURODIVERSITY:

- Camouflage: The Hidden Lives of Autistic Women by Sarah Bargiela
- Divergent Mind: Thriving in a World That Wasn't Designed for You by Jenara Nerenberg
- Dyslexia and Me: How to Survive and Thrive If You're Neurodivergent by Onyinye Udokporo
- IS THAT CLEAR?: Effective communication in a neurodiverse world by Zanne Gaynor
- Laziness Does Not Exist by Devon Price
- Neurotribes: The Legacy of Autism and the Future of Neurodiversity by Steve Silberman
- Obsessive, Intrusive, Magical Thinking by Marianne Eloise
- The Brain That Changes Itself by Norman Doidge
- The Pattern Seekers: How Autism Drove Human Inventors by Simon Baron-Cohen
- We're Not Broken: Changing the Autism Conversation by Eric Garcia
- Women and Girls with Autism Spectrum Disorder by Sarah Hendrickx
- Upward Spiral by Alex Korb
- How The World is Making Our Children Mad, and What To Do About It by Louis Weinstock

TRAUMA

- The Body Keeps the Score by Bessel van der Kolk
- When Things Fall Apart by Pema Chodron
- Creating Love: A New Way of Understanding Our Most Important Relationships by John Bradshaw (Author, Narrator)
- Home Coming: Reclaiming and Championing Your Inner Child by John Bradshaw
- The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture by Gabor Maté (Author), Daniel Maté (Author, Narrator)

PARENTING

- How to Talk so Kids Will Listen and Listen so Kids Will Talk by Adele Faber (Author), Elaine Mazlish (Author)
- The Explosive Child [Sixth Edition]: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children by Ross W Greene
- The Whole-Brain Child: 12 Proven Strategies to Nurture Your Child's Developing Mind by Dr. Tina Payne Bryson (Author), Dr. Daniel Siegel (Author)
- Why Love Matters: How affection shapes a baby's brain, By Sue Gerhardt