



Killick Leadership Group - Good Reads for Life

Interesting Books

Benson, Herbert *The Relaxation Response*

Das, Lama Surya *Buddha is as Buddha Does*

Fields-Millburn, Joshua *Everything that Remains*

Huffington, Arianna *Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom and Wonder*

Kabat-Zinn, Jon *Wherever You Go, There You Are: Mindfulness Meditations for Everyday Life*

Posen, David *The Little Book of Stress Relief*

Rubin, Gretchen *The Happiness Project*

Sharma, Robin *The Monk Who Sold His Ferrari*

Interesting Videos

Andy Puddicombe explains what mindfulness is by juggling three balls (11 minutes)

http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?language=en

Geneen Roth's Raisin, Chip and Chocolate Exercise (11 minutes)

<http://www.oprah.com/spirit/Geneen-Roths-Raisin-Chip-and-Chocolate-Exercise-Video>

Jonathan Haidt is Interviewed on happiness

https://ca.video.search.yahoo.com/search/video;_ylt=A0SO81mrIK5Y7QMA6QnrFAX.;_ylu=X3oDMTB0NjZjZzZhBGNvbG8DZ3ExBHBvcwMxBHZ0aWQDBHNIYwNwaXZz?p=jonathan+haidt+happiness+video&fr=mcafee&fr2=piv-web#action=view&id=27&vid=a38206c82f2dfa694a4a5b499ed7a995

Gretchen Rubin on the glass is half full and half empty <https://youtu.be/Q8v3p1F2wuM>