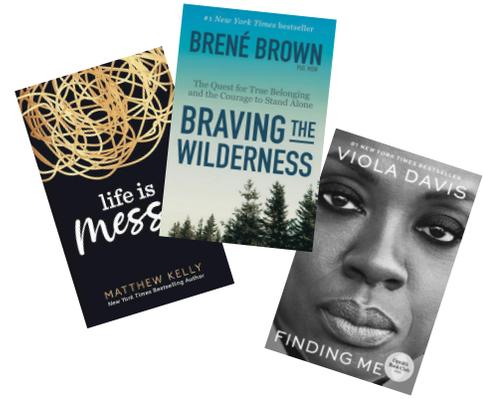


# Better You in the New Year

## A BOOK/PODCAST LIST

We asked the employees at Nexus Family Healing to share their favorite books and podcasts they find helpful in improving their mindsets or well-being, setting goals, or helping on a journey of personal growth. Check out the list below for some of our staff picks for inspiration for your own journey!



### Books:

#### "Braving the Wilderness"

by Brene Brown

#### "Only Love Today:

Reminders to Breathe More, Stress Less, and Choose Love"

by Rachel Macy Stafford

#### "Between Two Kingdoms"

by Suleika Jaouad

#### "Dare to Lead"

by Brene Brown

#### "The Mountain is You"

by Brianna Wiest

#### "Battlefield of the Mind"

by Joyce Meyer

#### "Talking to Strangers"

by Malcom Gladwell

#### "Finding Me"

by Viola Davis

#### "Burnout, Burnout, Burnout the Secret to Unlocking the Stress Cycle"

by Emily Nagoski

#### "Calm Your Thoughts:

How to Stop Overthinking, Stop Stressing, Stop Spiraling, and Start Living"

by Nick Trenton

#### "Life is Messy"

by Matthew Kelly

#### "Leading in Tough Times"

by John Maxwell

#### "Three Magic Words"

by Uell Andersen

#### "Badass Affirmations: The Wit and Wisdom of Wild Women"

by Becca Anderson

#### "When the Past Is Present: Healing the Emotional Wounds That Sabotage Our Relationships"

by David Richo

#### "Balance, Positioning Yourself to do all Things Well"

by Toure' Roberts

#### "The Four Agreements"

by Don Miguel Ruiz

#### "Meditations from the Mat"

by Rolf Gates & Katrina Kenison

#### "The Miracle Morning"

by Hal Elrod

#### "Never Quit On A Bad Day"

by Phebe Trotman

### Podcasts:

#### "Wonderful!"

A McElroy Podcast

#### "What the HR!" Podcast

TCSHRM (Twin Cities Society for Human Resource Management)

#### "Perfectly You Podcast"

Brooke Kanitz

#### "Racialized Trauma is Solvable"

Solvable

#### "The Teacher's Mama Podcast"

The Teacher Mamas

#### "Win Make Give"

Ben Kinney

#### "The Psychology of your 20's"

Jemma Sbeg

#### "Becoming Nature Podcast"

Carina Lyall

#### "Aware & Aggravated"

Leo Skepi

#### "We Can Do Hard Things"

Glennon Doyle and Abby Wambach

#### "10% Happier"

Dan Harris (also a has book by this title)

#### "The Mel Robbins Podcast"

Mel Robbins



#### "All There Is"

Anderson Cooper

#### "Renegades: Born in the USA"

President Barack Obama and Bruce Springsteen