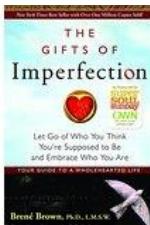


❖ Professional Development Series ❖



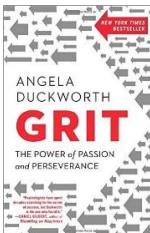
The Gifts of Imperfection: Let go of who you think you're supposed to be and embrace who you are by Brene Brown. (2010) Call #: 158 BRO

In her ten guideposts, Brown engages our minds, hearts, and spirits as she explores how we can cultivate the courage, compassion, and connection to wake up in the morning and think, *No matter what gets done and how much is left undone, I am enough*, and to go to bed at night thinking, *Yes, I am sometimes afraid, but I am also brave. And, yes, I am imperfect and vulnerable, but that doesn't change the truth that I am worthy of love and belonging.*



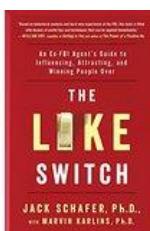
The Willpower Instinct: How self-control works, why it matters, and what you can do to get more of it by Kelly McGonigal. (2011) Call #: 153.8 McG.

The Willpower Instinct combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.



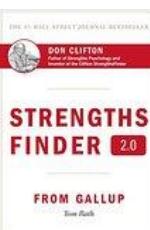
Grit: The power of passion and perseverance by Angela Duckworth.

(2016) Call #: 158.1 DUC Angela Duckworth shows anyone striving to succeed—be it parents, students, educators, athletes, or business people—that the secret to outstanding achievement is not talent but a special blend of passion and persistence she calls “grit.” *Grit* is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference.



The Like Switch: An ex-FBI agent's guide to influencing, attracting and winning people over by Jack Schafer, PhD. (2015) Call #: 158.25 SCH

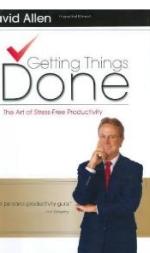
Dr. Schafer cracks the code on making great first impressions, building lasting relationships, and understanding others' behavior to learn what they *really* think about you. With tips and techniques that hold the key to taking control of your communications, interactions, and relationships, *The Like Switch* shows you how to read others and get people to like you for a moment or a lifetime.



Strengths Finder 2.0 by Gallup's Tom Rath (2007) Call #: 658.4 RAT

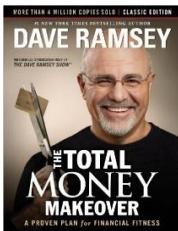
Do you have the opportunity to do what you do best every day?

Chances are, you don't. All too often, our natural talents go untapped. From the cradle to the cubicle, we devote more time to fixing our shortcomings than to developing our strengths.

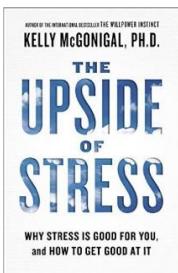


Getting Things Done: The Art of Stress-Free Productivity by David Allen. (2001) Call #: 646.7 ALL

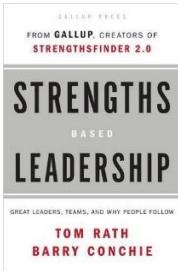
Allen's premise is simple: our ability to be productive is directly proportional to our ability to relax. Only when our minds are clear and our thoughts are organized can we achieve stress-free productivity. His seamless system teaches us how to identify, track, and—most important—choose the next action on all our tasks, commitments, and projects and thus master all the demands on our time while unleashing our creative potential.



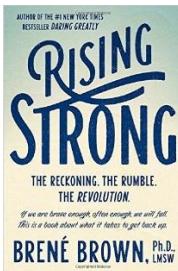
The Total Money Makeover: A proven plan for financial fitness by Dave Ramsey (2013) Call #: 332.024 RAM Okay, folks, do you want to turn those fat and flabby expenses into a well-toned budget? Do you want to transform your sad and skinny little bank account into a bulked-up cash machine? Then get with the program, people. There's one sure way to whip your finances into shape, and that's with *The Total Money Makeover: Classic Edition*.



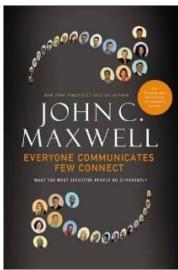
The Upside of Stress: Why stress is good for you and how to get good at it by Kelly McGonigal, PhD. (2015) Call #: 155.9042 McG McGonigal's TED talk on the subject has already received more than 7 million views. Her message resonates with people who know they can't eliminate the stress in their lives and want to learn to take advantage of it. *The Upside of Stress* is not a guide to getting rid of stress, but a guide to getting *better* at stress, by understanding it, embracing it, and using it.



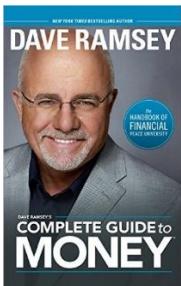
Strengths Based Leadership: Great leaders, teams and why people follow them, by Tom Rath and Barry Conchie (2009) Call #: 303.34 RAT In *Strengths Based Leadership*, #1 New York Times bestselling author Tom Rath and renowned leadership consultant Barry Conchie reveal the results of the Gallup research. Based on their discoveries, the book identifies three keys to being a more effective leader: knowing your strengths and investing in others' strengths, getting people with the right strengths on your team, and understanding and meeting the four basic needs of those who look to you for leadership.



Rising Strong: The reckoning, the rumble, the revolution by Brené Brown. (2015) Call #: 158 BRO Our stories of struggle can be big ones, like the loss of a job or the end of a relationship, or smaller ones, like a conflict with a friend or colleague. Regardless of magnitude or circumstance, the rising strong process is the same: We *reckon* with our emotions and get curious about what we're feeling; we *rumble* with our stories until we get to a place of truth; and we live this process, every day, until it becomes a practice and creates nothing short of a *revolution* in our lives. Rising strong after a fall is how we cultivate wholeheartedness. It's the process, Brown writes that teaches us the most about who we are.

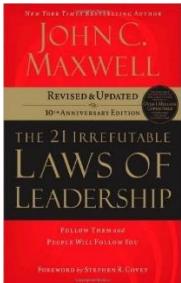


Everyone Communicates, Few Connect: What the most effective people do differently by John C. Maxwell. (2010) Call #: 650.13 MAX. World-renowned leadership expert John C. Maxwell says if you want to succeed, you must learn how to connect with people. And the fact is *anyone* can learn how to make every communication an opportunity for a powerful connection. The ability to connect with others is a major determining factor in reaching your full potential. It's no secret! Connecting is a skill you can learn and apply in your personal, professional, and family relationships—and you can start now!



Dave Ramsey's Complete Guide to Money: The handbook of financial peace university. (2015) Call #: 332.034 RAM

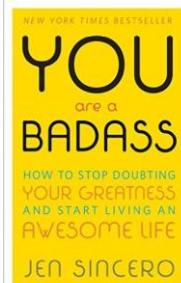
Dave Ramsey's Complete Guide to Money covers the A to Z of Dave's money teaching, including how to budget, save, dump debt, and invest. If you're looking for practical information to answer all your "How?" "What?" and "Why?" questions about money, this book is for you. You'll also learn all about insurance, mortgage options, marketing, bargain hunting and the most important element of all—giving.



The 21 Irrefutable Laws of Leadership: Follow them and people will follow you by John C. Maxwell. (2007) Call #: 158.4 MAX

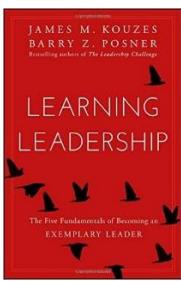
10th Anniversary edition. Revised and updated.

Classic leadership manual. Readers can expect a well-crafted discussion that emphasizes the core attitudes and visions of leadership.



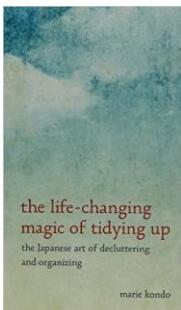
You Are A Badass: how to stop doubting your greatness and start living an awesome life by Jen Sincero. (2013) Call #:158.1 SINC

In this refreshingly entertaining how-to guide, New York Times Bestselling Author and world-traveling success coach, Jen Sincero, serves up 27 bite-sized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word. By the end of *You Are a Badass*, you'll understand why you are how you are, how to love what you can't change, how to change what you don't love, and how to use The Force to kick some serious ass.



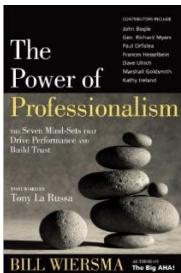
Learning Leadership: The five fundamentals of becoming an exemplary leader by James M. Kouzes and Barry Z. Posner. (2016) Call #: 658.409 KOU

A comprehensive guide to unleashing the inner-leader in us all and to building a solid foundation for a lifetime of leadership growth and mastery. The book offers a concrete framework to help individuals of all levels, functions, and backgrounds take charge of their own leadership development and become the best leaders they can be.



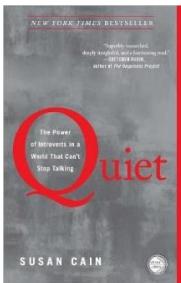
The Life-Changing Magic of Tidying Up: The Japanese art of decluttering and organizing by Marie Kondo. (2015) Call #: 648 KON

Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results.



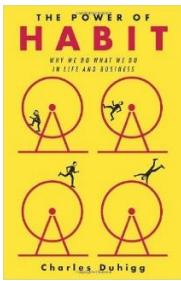
The Power of Professionalism: The seven mind-sets that drive performance and build trust by Bill Wiersma (2011) “on order”

Professionalism is unique. It's the ladder upon which all other organizational virtues rest. That's why organizations whose members view themselves as professionals will outperform, outsmart, and outlast organizations that don't, which translates into competitive advantage. Wiersma outlines the seven key mind-sets of trusted professionals, offering a blueprint for both individuals and organizations interested in fostering a culture of professionalism.

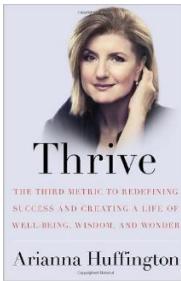


Quiet: The power of introverts in a world that can't stop talking by Susan Cain. (2012) Call #: 155.2 CAI

At least one-third of the people we know are introverts. They are the ones who prefer listening to speaking, reading to partying; who innovate and create but dislike self-promotion; who favor working on their own over brainstorming in teams. Passionately argued, impressively researched, and filled with indelible stories of real people, *Quiet* shows how dramatically we undervalue introverts, and how much we lose in doing so.

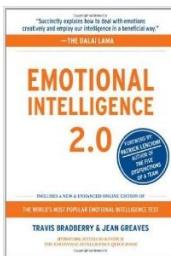


The Power of Habit: Why we do what we do in life and business by Charles Duhigg. (2012) Call #: 158.1 DUH Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. With penetrating intelligence and an ability to distill vast amounts of information into engrossing narratives, Duhigg brings to life a whole new understanding of human nature and its potential for transformation. The key to exercising regularly, losing weight, raising exceptional children, becoming more productive, building revolutionary companies and social movements, and achieving success is understanding how habits work.



Thrive: The third metric to redefining success and creating a life of well-being, wisdom, and wonder by Arianna Huffington. (2014) “on order”

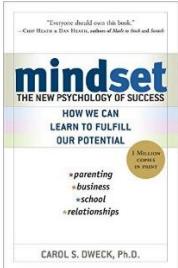
Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives.



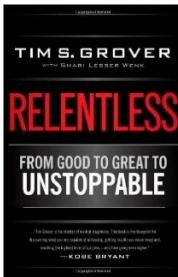
Emotional Intelligence 2.0 by Travis Bradberry & Jean Greaves (2009) Call #: 152.4

Emotional Intelligence 2.0 delivers a step-by-step program for increasing your EQ via four, core EQ skills that enable you to achieve your fullest potential:

- 1) Self-Awareness
- 2) Self-Management
- 3) Social Awareness
- 4) Relationship Management



Mindset: The new psychology of success: how we can learn to fulfill our potential by Carol S Swick, PhD. (2007) Call #: 153.8 DWE
Dweck explains why it's not just our abilities and talent that bring us success—but whether we approach them with a fixed or growth mindset. She makes clear why praising intelligence and ability doesn't foster self-esteem and lead to accomplishment, but may actually jeopardize success. --how a simple idea about the brain can create a love of learning and a resilience that is the basis of great accomplishment in every area.



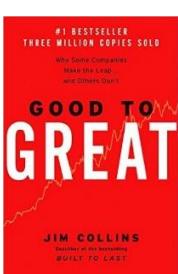
Relentless: From good to great to unstoppable by Tim S. Grover. (2013) Call #: 650.1 GRO

Legendary trainer Tim Grover uses his experience with the world's top athletes to drill down into the killer instinct that separates the good from the great, showing you how to tap into the dark side of competitive intensity in order to win—regardless of the circumstance or cost. Direct, blunt, and brutally honest, Grover breaks down what it takes to be unstoppable: you keep going when everyone else is giving up, you thrive under pressure, you never let your emotions make you weak.



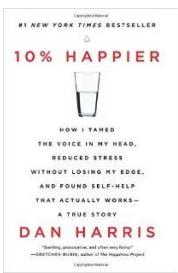
Good to Great and the Social Sectors: A monograph to accompany Good to Great by Jim Collins (2005) Call #: 658 COL

Jim Collins answers the Social Sector with a Monograph to Accompany Good to Great. 30-50% of those who bought *Good to Great* work in the Social Sector. The difference between successful organizations is not between the business and the social sector, the difference is between good organizations and great ones.



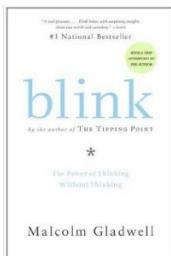
Good to Great: Why some companies make the leap...and others don't by Jim Collins (2001) Call #: 658 COL

- Level 5 Leaders: The research team was shocked to discover the type of leadership required to achieve greatness.
- The Hedgehog Concept: (Simplicity within the Three Circles): To go from good to great requires transcending the curse of competence.
- A Culture of Discipline: When you combine a culture of discipline with an ethic of entrepreneurship, you get the magical alchemy of great results. Technology Accelerators: Good-to-great companies think differently about the role of technology.
- The Flywheel and the Doom Loop: Those who launch radical change programs and wrenching restructurings will almost certainly fail to make the leap.

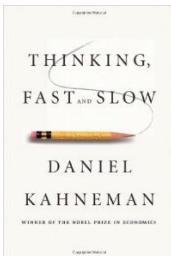


10% Happier: How I tamed the voice in my head, reduced stress without losing my edge, and found self-help that actually works – a true story by Dan Harris (ABC news anchor) (2014) Call #: 158.12 HAR

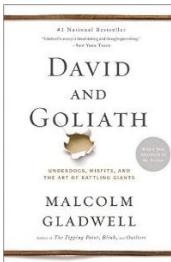
After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. *10% Happier* takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.



Blink: the power of thinking without thinking by Malcom Gladwell (2007) Call #: 153.44 GLA *Blink* is a book about how we think without thinking, about choices that seem to be made in an instant-in the blink of an eye-that actually aren't as simple as they seem. *Blink* reveals that great decision makers aren't those who process the most information or spend the most time deliberating, but those who have perfected the art of "thin-slicing"-filtering the very few factors that matter from an overwhelming number of variables.

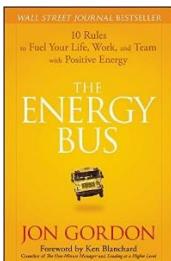


Thinking Fast and Slow by Daniel Kahneman (2011) Call #: 153.42 KAH
The impact of overconfidence on corporate strategies, the difficulties of predicting what will make us happy in the future, the profound effect of cognitive biases on everything from playing the stock market to planning our next vacation—each of these can be understood only by knowing how the two systems shape our judgments and decisions. Engaging the reader in a lively conversation about how we think, Kahneman reveals where we can and cannot trust our intuitions and how we can tap into the benefits of slow thinking. He offers practical and enlightening insights into how choices are made in both our business and our personal lives—and how we can use different techniques to guard against the mental glitches that often get us into trouble.



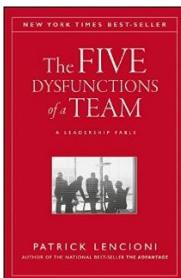
David and Goliath: Underdogs, misfits, and the art of battling giants by Malcom Gladwell (2013) Call #: 155.2 GLA

In *David and Goliath*, Malcom Gladwell challenges how we think about obstacles and disadvantages, offering a new interpretation of what it means to be discriminated against, or cope with a disability, or lose a parent, or attend a mediocre school, or suffer from any number of other apparent setbacks. *David and Goliath* draws upon history, psychology, and powerful storytelling to reshape the way we think of the world around us.



The Energy Bus: 10 Rules to fuel your life, work, and team with positive energy by Jon Gordon (2007) Call #: 650.1 GOR

The Energy Bus takes readers on an enlightening and inspiring ride that reveals 10 secrets for approaching life and work with the kind of positive, forward thinking that leads to true accomplishment - at work and at home. Jon infuses this engaging story with keen insights as he provides a powerful roadmap to overcome adversity and bring out the best in yourself and your team.



The Five Dysfunctions of a Team: A Leadership Fable by Patrick Lencioni (2002) Call #: 658.4

Throughout the story, Lencioni reveals the five dysfunctions which go to the very heart of why teams even the best ones-often struggle. He outlines a powerful model and actionable steps that can be used to overcome these common hurdles and build a cohesive, effective team. Lencioni has written a compelling fable with a powerful yet deceptively simple message for all those who strive to be exceptional team leaders.