

## MQ Recommended Reading List

| Book  | Author(s)  |
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| <i>A Whole New Mind: Why Right-Brainers Will Rule the Future</i>  | Daniel Pink  |
| <i>Drive: The Surprising Truth about What Motivates Us</i>  | Daniel Pink  |
| <i>SWITCH: How to Change Things when Change is Hard</i>   | Chip and Dan Heath                                     |
| <i>Start with Why: How Great Leaders Inspire Everyone to Take Action</i>  | Simon Sinek  |
| <i>Getting Things Done: The Art of Stress-Free Productivity</i>   | David Allen  |
| <i>Appreciate Living: The Principles of Appreciative Inquiry in Personal Life</i>   | Jacqueline Kelm  |
| <i>Nudge: Improving Decisions about Health, Wealth, and Happiness</i>   | Richard H. Thaler and<br>Cast Sunstein                 |
| <i>The High Price of Materialism</i>  | Tim Kasser   |
| <i>The Business of Life</i>   | Michael F. Kay   |
| <i>The How of Happiness: A Scientific Approach to Getting the Life You Want</i>   | Sonja Lyubomirsky                                      |
| <i>Happy Money: The Science of Smarter Spending</i>   | Elizabeth Dunn and<br>Michael Norton                   |
| <i>Changing for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward</i> | James Prochaska, John<br>Norcross, Carlo<br>DiClemente |
| <i>Thinking, Fast and Slow</i>  | Daniel Kahneman  |
| <i>Transitions: Making Sense of Life Changes</i>  | William Bridges  |
| <i>Change Your Questions, Change Your Life</i>  | Marilee Adams  |
| <i>Made to Stick: Why Some Ideas Survive and Others Die</i>   | Chip and Dan Heath                                     |