THE
SUCCESS
BOOK LIST

SHIFT MENTORSHIP ACADEMY

DR. BRYAN MCELDERRY

WELCOME

This book list is a culmination of various books that will enhance your mindset, productivity, beliefs, morals, values, finances, health and allow you to begin formulating a database of knowledge that can be utilized at any given moment to manuerver through your busy life and begin living out your true purpose.

I felt a need to develop this list because as I've embarked on my own personal development jouney, I've noticed a dramatic difference in my energy and performance by reading various books to SHIFT my THINKING.

ENJOY and happy reading

Dr. Bryan McElderry

HOW TO BEGIN READING MORE?

1. Start with a book that catches your eye first from the title because it might resonate most with what you're going through currently. In that case, it will most likely be an easier read to jumpstart your journey.

2. Carve out time in your calendar for reading

3. Set up a "CLARITY" environment for reading. You want to make sure there are minimal distractions and great vibes/energy around for you to soak up all the book has to offer.

4. Have an accountability reading partner if possible. Share what you've read with them or have them read the book along with you.

READING HABITS OF THE SUCCESSFUL

BILL GATES: Reads 50 books/year

MARK ZUCKERBURG: 1 book every other week "with an emphasis on learning about different cultures, beliefs, histories and technologies

OPRAH WINFREY: Reading is "her personal path to freedom." "Books allowed me to see a world beyond the front porch of my grandmother's shotgun house."

MARK CUBAN: 3 hours/day to gain an industry edge

PHIL KNIGHT: Keeps his library behind his executive office so sacred that anyone who entered had to remove their shoes and bow.

READING HABITS OF THE SUCCESSFUL

WARREN BUFFETT: spends 5-6 hours a day reading five different newspapers. "That's how knowledge works," "It builds up like compound interest."

If we encounter a man of rare intellect, we should ask him what books he reads.–Ralph Waldo Emerson

PERSONAL DEVELOPMENT

START WITH WHY: SIMON SINEK

THE 12 WEEK YEAR: BRIAN MORAN

THE COMPOUND EFFECT: DARREN HARDY

EGO IS THE ENEMY: RYAN HOLIDAY

RELENTLESS: TIM GROVER

THE SLIGHT EDGE: JEFF OLSEN

THE MAGIC OF THINKING BIG: DAVID SCWARTZ

CHASING EXCELLENCE: BEN BERGERON

THE 5 SECOND RULE: MEL ROBBINS

SUBTLE ART OF NOT GIVING A F*: MARK MANSON

PERSONAL DEVELOPMENT

DARING GREATLY*:* BRENE BROWN

CAN'T HURT ME: DAVID GOGGINS

GIVE AND TAKE: ADAM GRANT

CHANGE YOUR THINKING CHANGE YOUR LIFE*:* BRIAN TRACY

SMARTER FASTER BETTER: CHARLES DUHIGG

THE POWER OF HABIT: CHARLES DUHIGG

SUPER GENES: DEEPAK CHOPRA, M.D.

SUPER BRAIN: DEEPAK CHOPRA, M.D.

REINVENTING THE BODY, RESURRECTING THE SOUL: DEEPAK CHOPRA, M.D.

PERSONAL DEVELOPMENT

*YOU'RE A BADA** AT MAKING MONEY*: JEN SINCERO

*YOU'RE A BADA**: HOW TO STOP DOUBTING YOUR GREATNESS AND START LIVING AN AWESOME LIFE*: JEN SINCERO

*UNF*** YOURSELF*: GARY JOHN BISHOP

THINK AND GROW RICH: NAPOLEAN HILL

THE POWER OF POSITIVE THINKING: NORMAN VINCENT PEALE

RICH DAD, POOR DAD: ROBERT KIYOSAKI

BRAVING THE WILDERNESS: BRENE BROWN

EAT THAT FROG: BRIAN TRACY

THE 4-HOUR WORKWEEK:

PERSONAL DEVELOPMENT

THE OBSTACLE IS THE WAY: RYAN HOLIDAY

FOR THE LOVE OF: MARCUS JOHNSON, J.D., M.B.A.

PROCESS: JONATHAN JONES

WAKING UP CHASE: DARRYL BELLAMY

INJURED RESERVE: RWENSHAUN MILLER

SPIRITUAL ENLIGHTENMENT

THE POWER OF NOW: ECKHART TOLLE

AWAKENING TO YOUR LIFE'S PURPOSE: ECKHART TOLLE

*THE ALCHEMIS*T: PAULO COELHO

*THE UNTETHERED SOU*L: MICAHEL ALLEN

EAT, PRAY, LOVE: ELIZABETH GILBERT

THE PURPOSE DRIVEN LIFE: RICK WARREN

CRUSHING: T.D. JAKES

SOUR: T.D. JAKES

OWN THE MOMENT: CARL LENTZ

JOIN OUR BOOK CLUB

We would love for you to share your thoughts with us on the books you've read or currently reading.

This list is not final as new book recommendations will be added regularly.

As we prepare to SHIFT into a better version of ourselves, we must continue to pour in knowledge and I hope you begin to see changes as you place reading back into your regular routine.

JOIN US (CLICK HERE)

Dr. Bryan McElderry