

limeade®

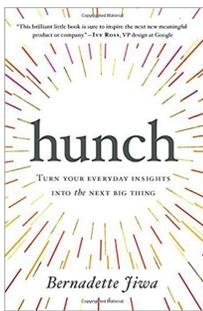
it's totally possible.

2017 FALL READING LIST



8 BOOKS TO INSPIRE YOUR INNER CHANGEMAKER

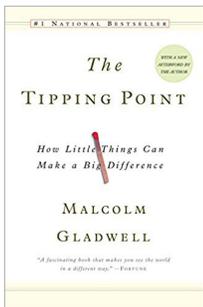
Changemakers are bold and brave — and they see the link between employee well-being and engagement. Ready to push yourself and the status quo this fall? These 8 books will motivate you to change the game.



HUNCH: TURN YOUR EVERYDAY INSIGHTS INTO THE NEXT BIG THING

BY BERNADETTE JIWA

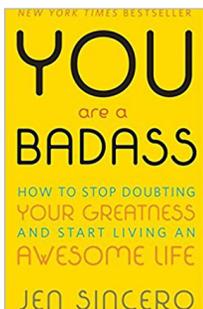
Do you know where your next big idea will come from? You may already have it. Bernadette Jiwa explores why you need to trust your gut and follow your instincts. You'll learn to harness the power of your intuition and transform your hunches into impactful work.



THE TIPPING POINT: HOW LITTLE THINGS CAN MAKE A BIG DIFFERENCE

BY MALCOLM GLADWELL

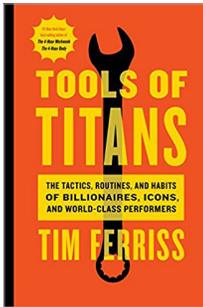
This book tops bestseller lists every year — and it still rings true today for changemakers. The concept of the tipping point, "that magic moment when an idea, trend, or social behavior crosses a threshold, tips and spreads like wildfire," is what we all aim for when it comes to employee engagement, well-being and culture.



YOU ARE A BADASS: HOW TO STOP DOUBTING YOUR GREATNESS AND START LIVING AN AWESOME LIFE

BY JEN SINCERO

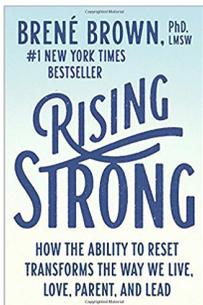
Ready to discover your inner badass and put them in charge? Then this rebellious author is for you. We loved it during our summer book club at Limeade. It's packed with fun and motivational stories along with valuable lessons and tactics. Warning: Be prepared to laugh out loud.



TOOLS OF TITANS: THE TACTICS, ROUTINES, AND HABITS OF BILLIONAIRES, ICONS, AND WORLD-CLASS PERFORMERS

BY TIM FERRISS

Split up into three sections — healthy, wealthy and wise — Tim Ferriss shares the habits, routines and daily rituals of the world’s top performers. This book will give you the productivity boost you need to change the game.



RISING STRONG: HOW THE ABILITY TO RESET TRANSFORMS THE WAY WE LIVE, LOVE, PARENT, AND LEAD

BY BRENE BROWN

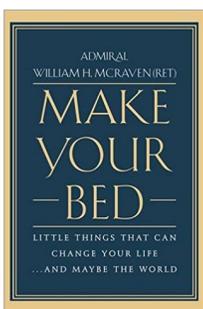
Learn from the social scientist who believes, “vulnerability — the willingness to be ‘all in’ even when you know it can mean failing and hurting — is brave.” In her new bestseller, Brené Brown describes a three-phase process of bouncing back from failure. And she encourages everyone to stop “gold-plating grit.” Get ready to recognize the power of emotion.



EXTREME YOU: STEP UP. STAND OUT. KICK ASS. REPEAT.

BY SARAH ROBB O'HAGAN

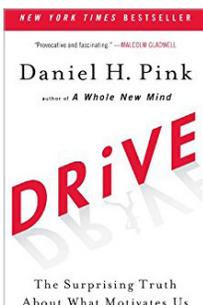
Sarah Robb O'Hagan pushes you out of your comfort zone and challenges you to not play it safe. Instead of being risk-averse, she talks about taking chances, letting go of pride and the importance of proper planning. View this book as a training guide to become the best version of yourself.



MAKE YOUR BED: LITTLE THINGS THAT CAN CHANGE YOUR LIFE... AND MAYBE THE WORLD

BY WILLIAM H. MCRAVEN

Using real-life anecdotes as a Navy SEAL, William H. McRaven stresses the importance of doing 10 little things that aren't little at all: “If you can't do the little things right, you will never do the big things right.” This 10-chapter book proves the power of habits and ritual.



DRIVE: THE SURPRISING TRUTH ABOUT WHAT MOTIVATES US

BY DANIEL PINK

We all have different reasons for getting up every morning. But why do we do what we do? Motivation. And much of what we know about motivation is wrong. Daniel Pink draws on four decades of scientific research to explain the three elements of true motivation: autonomy, mastery and purpose.