

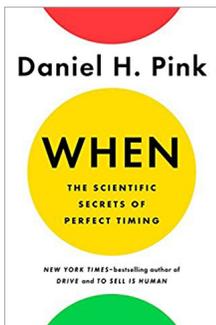
# limeade®

## HEARTS AND MINDS READING LIST



### 7 BOOKS TO HELP YOU BRING YOUR BEST SELF TO WORK

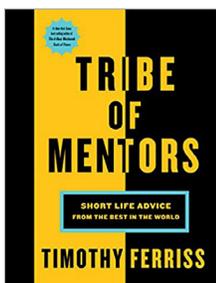
True engagement comes when you feel a deep connection and sense of purpose at work that fills you with extra energy. “Hearts and minds” is about bringing your whole self to work and feeling supported by your organization — in every way. These books offer easy ways to bring your best self to work, so you can take control of your future.



#### WHEN: THE SCIENTIFIC SECRETS OF PERFECT TIMING

BY DANIEL PINK

Turns out, motivation is more about timing — “Timing exerts an incredible effect on what we do and how we do it,” according to Daniel Pink. If you want to learn how to prioritize your day so it’s in sync (or in rhythm) with your internal clock, and your heart and mind, check out this book for tactical tips.



#### TRIBE OF MENTORS: SHORT LIFE ADVICE FROM THE BEST IN THE WORLD

BY TIM FERRISS

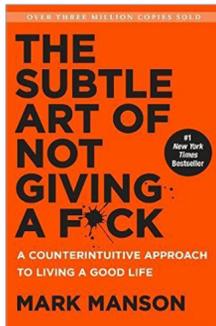
This 600-page read by podcast guru Tim Ferriss is jam-packed with musings and lessons from over 130 different world-class performers who answer the same 11 questions. You’ll uncover what makes these mentors tick and learn that asking others for help is the quickest way to grow.



#### SUPERBETTER: A REVOLUTIONARY APPROACH TO GETTING STRONGER, HAPPIER, BRAVER AND MORE RESILIENT — POWERED BY THE SCIENCE OF GAMES

BY JANE MCGONIGAL

Backed by a decade of research, Jane McGonigal's life-changing ideas explain why games work and how to use them in everyday life. She treats personal growth and well-being like a game rather than work — and invites you to play along.

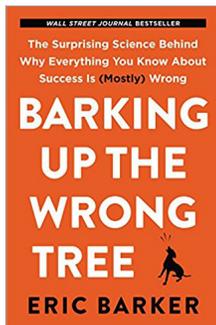


## THE SUBTLE ART OF NOT GIVING A F\*CK: A COUNTERINTUITIVE APPROACH TO LIVING A GOOD LIFE

BY MARK MANSON

Instead of turning lemons into lemonade, Mark Manson wants you to learn to stomach lemons. He's not a fan of fake positivity. In this comical read, you'll learn how to confront painful truths, accept limitations and embrace fears, so you can truly become a better, happier person.

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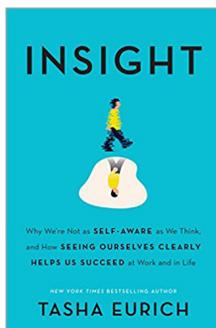


## BARKING UP THE WRONG TREE: THE SURPRISING SCIENCE BEHIND WHY EVERYTHING YOU KNOW ABOUT SUCCESS IS (MOSTLY) WRONG

BY ERIC BARKER

Eric Barker is a mastermind at finding and breaking down compelling research. In this book, he deconstructs common misconceptions about success and accepted clichés. You'll reevaluate what it means to be successful at work and at home.

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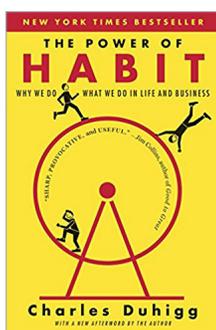


## INSIGHT: WHY WE'RE NOT AS SELF-AWARE AS WE THINK, AND HOW SEEING OURSELVES CLEARLY HELPS US SUCCEED AT WORK AND IN LIFE

BY TASHA EURICH

Research shows that self-awareness — knowing who you are and how others see you — is the foundation for high performance. And according to Tasha Eurich, just one thing separates people who successfully act on self-awareness and insight from those who don't: The ability to take things one step at a time.

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## THE POWER OF HABIT: WHY WE DO WHAT WE DO IN LIFE AND BUSINESS

BY CHARLES DUHIGG

Charles Duhigg describes keystone habits as, “small changes or habits that people introduce into their routines that unintentionally carry over into other aspects of their lives.” After reading this book, you'll be compelled to identify and analyze your routines and habits, isolate the cues and create a move-forward plan.