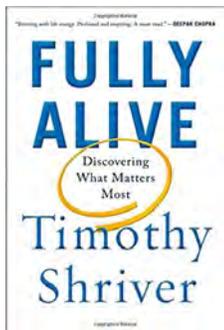


# The Limeade Leaders' Reading List

Vulnerable leadership takes practice. Here's what our Limeade leaders are reading to exercise their authenticity and inspiration muscles this season.

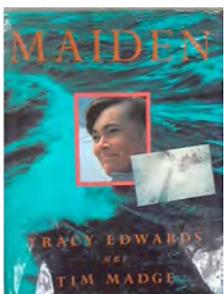


## Fully Alive: Discovering What Matters Most

By Timothy Shriver

Fully Alive is both a moving personal journey and a meditation on some of the greatest wisdom and the greatest contradictions of our society. Is disability to be feared or welcomed, pitied or purged? Shriver argues that we all have different abilities and challenges we should embrace. Here we see how those who appear powerless have turned this seeming shortcoming into a power of their own, and we learn that we are all totally vulnerable and valuable at the same time.

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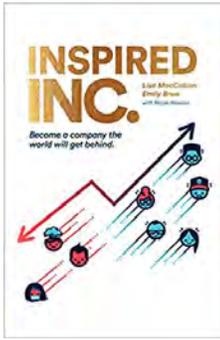


## Maiden

By Tracy Edwards and Tim Madge

Maiden is the inspiring story of how in 1990, Tracy Edwards, a modest 27-year-old, took a yacht and the first all-female crew ever to circumnavigate the globe through storms and savage seas. This is a book about great courage, great endeavor and extraordinary determination. It is a story of how anyone can have a dream and, against all odds, come through triumphant.

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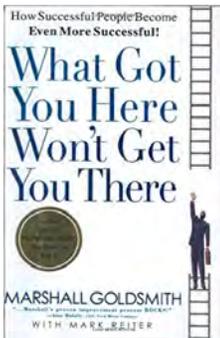


## Inspired Inc.

By Lisa MacCallum and Emily Brew

Meet the new C.E.O.s: The consumers, employees, and outsiders who can make or break your company faster than ever. If you're running an inspired company your workday looks like this: You are committed to doing the right thing. You take direction from your customers, employees, and company "outsiders". They give you their support and trust in return. All of your profits are derived from your mission, not from penalizing your customers or other stakeholders. That's a company the world will get behind. A world as invested in your success as you are.

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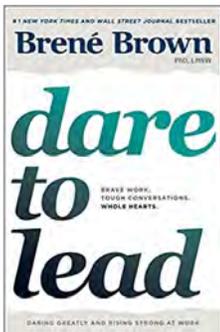


## What Got You Here Won't Get You There: How Successful People Become Even More Successful

By Marshall Goldsmith

The corporate world is filled with executives who have worked hard for years to reach the upper levels of management. They're intelligent, skilled, and even charismatic. But only a handful of them will ever reach the pinnacle – and as executive coach Marshall Goldsmith shows in this book, subtle nuances make all the difference. These are small “transactional flaws” performed by one person against another (as simple as not saying thank you enough), which lead to negative perceptions that can hold any executive back. Using Goldsmith's straightforward, jargon-free advice, it's amazingly easy behavior to change.

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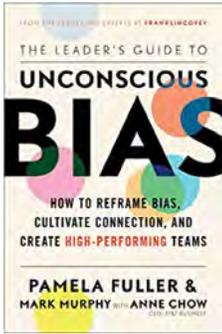


## Dare to Lead: Brave Work. Tough Conversations. Whole Hearts.

By Brené Brown

When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. In Dare to Lead, Four-time #1 New York Times bestselling author Brené Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Whether you've read Daring Greatly and Rising Strong or you're new to Brown's work, this book is for anyone who wants to step up and into brave leadership.

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## The Leader's Guide to Unconscious Bias: How To Reframe Bias, Cultivate Connection, and Create High-Performing Teams

By Pamela Fuller and Mark Murphy with Anne Chow

Ideal for every manager who wants to understand and move past their own preconceived ideas, *The Leader's Guide to Unconscious Bias* explains that bias is the result of mental shortcuts, our likes and dislikes, and is a natural part of the human condition. And what we assume about each other and how we interact with one another has vast effects on our organizational success – especially in the workplace.

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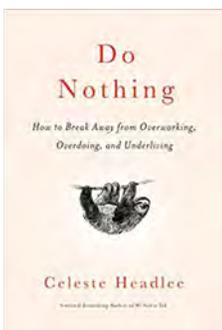


## The Authenticity Project: A Novel

By Clare Pooley

Sophie Kinsella describes this novel as “a clever, uplifting book that entertains and makes you think.” If you're searching for levity or a new perspective on self-acceptance and vulnerability, this might be the book for you. *The Authenticity Project's* cast of characters is by turns quirky and funny, heartbreakingly sad and painfully true-to-life. It's a story about being brave and putting your real self forward – and finding out that it's not as scary as it seems. In fact, it looks a lot like happiness.

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## Do Nothing: How to Break Away from Overworking, Overdoing, and Underliving

By Celeste Headlee

In *Do Nothing*, award-winning journalist Celeste Headlee illuminates a new path ahead, seeking to institute a global shift in our thinking so we can stop sabotaging our well-being, put work aside, and start living instead of doing. Pulling together threads from history, neuroscience, social science, and even paleontology, Headlee examines long-held assumptions about time use, idleness, hard work, and even our ultimate goals. Her research reveals that the habits we cling to are doing us harm; they developed recently in human history, which means they are habits that can, and must, be broken.

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Limeade is an employee experience software company that helps build great places to work. The Limeade platform unifies employee well-being, engagement and inclusion solutions with industry-leading communications capabilities. Recognized for its own award-winning culture, Limeade helps every employee know their company cares. To learn more, visit [www.limeade.com](http://www.limeade.com).