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Recommended Reading by Steve Head Ltd

How To Avoid A Near Life Experience by Stephen Head
Practical tips and strategies on making the most of who you are
Contact Stephen on 07774 110937 or Visit www.stevehead.co.uk

The 7 Habits of Highly Effective People by Stephen R Covey
Life principles to live and work by

Smart Moves by Carla Hannaford
How your brain develops from birth to adulthood. Dealing with ADD and ADHD.

Emotional Intelligence by Daniel Goleman
Understanding the basics of managing yourself, to create even more effective lifestyle.

Working with Emotional Intelligence by Daniel Goleman
Work related examples of EQ in action.

Accelerated Learning in the 21st Century by Colin Rose
Great Questionnaires on, multiple intelligence.

Master it FASTER by Colin rose
More on, multiple intelligence.

7 Steps to Emotional Intelligence by Merlevede
Practical application of EQ and NLP

First Break All the Rules by Marcus Buckingham
Great leaders and managers, What they do.

The 10 laws of Life and Time Management by Hyrum Smith
Understand what to do to improve your time management

Brain Gym by Gail Dennison
How to teach your kids to concentrate and learn easily.

The War for Talent
EQ Questionnaires to use on you and your colleagues. Great 360 option.

Now Discover your Strengths by **Marcus Buckingham**
More insights into working on strengths following the First break all the rules publication.

The Inner Game of Tennis by **Tim Gallwey**
An opportunity to get into the unique mind of one of the worlds greatest coaches. P=p-i.....!!!

The one thing.....you need to know about great manging, great leading and sustained individual success (2006) by **Marcus Buckingham**

Stephen Coveys 8th Habit 2006

YES - 50 Strategies On Persuasion by **Robert Cialdini.**
This is a must read for anyone who has to influence others 2008

Strengths Finder by **Tim Rath** 2008

Outliers by **Malcolm Gladwell**
The story of success -10000 hours of practice make perfect

The Power of Nice
Why its so important to be nice to everyone - it could cost or make you millions

Self Help by **Samuel Smiles**
Talent helps but its effort and PERSISTENCE that gets results

Harvard Business Review Jan Feb 2012
The Value of Happiness
32 pages of positive psychology that offers practical insights into creating a fully engaged workforce **Creating an Engaged Workforce and Inspirational Culture**
Looking at the 4 critical ingredients of a THRIVING workforce. A must Read...

Harvard Business Review Jan Feb 2014
Great Place to Work
Trust, Pride and Camaderie...getting the environment right to ensure your people thrive

Depressive Illness Written by **Tim Cantopher**

The curse of the strong 2012 edition
If you feel stressed, taking on too much, never really happy , its never enough then you need to read this book

The Chimp Paradox
By **Prof Steve Peters**

If you are interested in why we are sometimes our own worst enemy? Or why we get agitated, or angry over daft things. Or how to stay on track and stop procrastinating to achieve your goals. Then this book is just outstanding.
It worked for Sir Chris Hoy !!

04 04 04 BY Matt King

This book was written in 2015 by my good friend Matt King

Matt's story is so incredible that if it was made into a movie you seriously would not believe it

A boy of 17 breaks his neck in the first 20 seconds of his first professional rugby league game

His life stopped

But the story of how he progressed from that point is all about the power of 149.....

Please buy this book

Matt King is a beautiful man and reminds us all of the potential of human kind and human kindness...

Black Box Thinking. By Matthew Syed

Understand the importance of creating a Fear Free culture so that we can treat Failure as learning. So that we can improve our performance quicker. Not repeat the same mistakes. Minimise Willful Blindness...

In essence a great book to reinforce the benefits of a 149 culture...its OK to mess up just open up, be honest, be accountable, learn and grow.

Willful BLINDNESS.....Margaret Hefferenen

I brilliant insight into the human ability to ignore the Blingly Obvious...not consciously but in order to cope.

It will open you mind to the risks we choose to ignore, cognitive dissonance etc