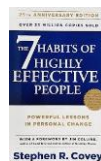




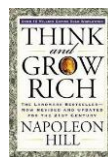
Books on Personal Growth

for transformative insights and self-improvement

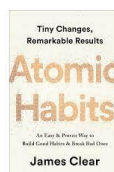
Stephen R. Covey's "The 7 Habits of Highly Effective People" is an enduring classic in the realm of self-help books. Covey's insightful blend of wisdom, practical advice, and timeless principles delivers a roadmap for personal effectiveness that is as relevant today as it was when first published.



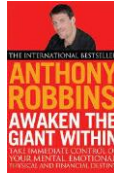
"Think and Grow Rich" by Napoleon Hill remains an evergreen classic in self-help books. Written during the Great Depression, it provides insights and teachings that are timeless, relevant, and incredibly empowering.



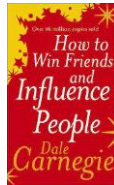
"Atomic Habits" by James Clear is a profoundly insightful and transformative self-help book that explores the intricate relationship between our habits and our identity. Clear's pragmatic and research-backed approach offers a unique take on behavior modification, making it an invaluable resource for anyone seeking personal development.



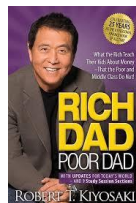
Tony Robbins' "Awaken the Giant Within" is one of the most impactful self-help books; an enthusiastic call to action for readers to seize control of their mental, emotional, physical, and financial destinies.



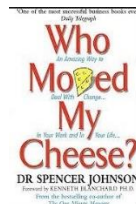
Dale Carnegie's "How to Win Friends and Influence People" is a timeless classic in the realm of self-growth. Written in a clear, engaging style, it provides invaluable insights into understanding and navigating human relationships.



"Rich Dad Poor Dad" by Robert T. Kiyosaki, has been a beacon for individuals looking to understand wealth-building principles. It juxtaposes the financial philosophies and practices of two influential figures in Kiyosaki's life: his biological father (Poor Dad) and the father of his childhood best friend (Rich Dad). Through their contrasting approaches to money, career, and life, Kiyosaki paints a compelling picture of the mindset and habits needed to achieve financial independence.

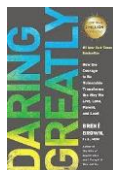


"Who Moved My Cheese?" by Dr. Spencer Johnson, is a motivational business fable that delves into the ways we deal with change in our lives. With its allegorical tale of mice and "little people" in a maze searching for cheese (symbolizing our desires or goals), the book offers a concise and memorable narrative about adaptability, courage, and the inevitability of change.

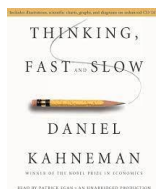


"Daring Greatly", by Dr. Brené Brown, emerges as a powerful exploration of vulnerability and its pivotal role in building meaningful connections, fostering self-awareness, and achieving personal growth.

Drawing from extensive research and her expertise in social work, Brown delves deep into the human psyche, challenging societal perceptions that often equate vulnerability with weakness.



“Thinking, Fast and Slow” stands as a monumental work in the realm of behavioral psychology and economics. Written by Nobel laureate Daniel Kahneman, the book delves into the intricate machinery of human thought, shedding light on the dual processes that drive our judgments and decisions.



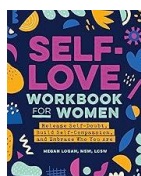
Specialty Resources

Women

“Praying your way to a positive mindset”: A devotional journal for women by Valorie Quesenberry



“Self-Love Workbook for Women”: Release Self-Doubt, Build Self-Compassion, and Embrace Who You Are by Megan Logan



“Clever Girl Finance”: The Side Hustle Guide: Build a Successful Side Hustle and Increase Your Income

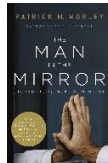


Men

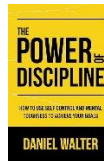
“The 3-Minute Bible Habit for Men”: A 90-Day Plan for Daily Scripture Study by David Sanford



“The Man in the Mirror”: Solving the 24 Problems Men Face by Patrick Morley. In *The Man in the Mirror*, bestselling author Patrick Morley helps you overcome common roadblocks in the road to spiritual growth and chart a path toward becoming a better leader wherever you are--at home, in your workplace, and in your community.

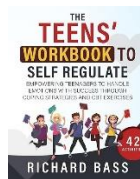


“The Power of Discipline”: How to Use Self Control and Mental Toughness to Achieve Your Goals by Daniel Walters



Teens

Teens' Workbook to Self-Regulate: Empowering Teenagers to Handle Emotions with Success through Coping Strategies and Exercises by Richard Bass



The 7 Habits of Highly Effective Teens is the ultimate teenage success guide: a handbook to self-esteem and success. Now updated for the digital age, this classic book applies the timeless principles of 7 Habits to the tough issues and life-changing decisions teens face. Covey provides a simple approach to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and appreciate their parents, as well as tackle the new challenges of our time, like cyberbullying and social media.



Practical Lessons & Activities to Build Confidence, Problem Solve, Grow Skills, And Become Resilient by Sydney Sheppard



Money Skills for Teens: A Beginner's Guide to Budgeting, Saving, and Investing. Everything a Teenager Should Know About Personal Finance (Essential Life Skills for Teens) by Ferne Bowe

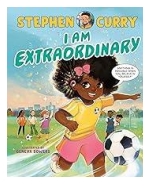


Parental Resources for Children

Baby Faith by Maria Marianayagam



“I Am Extraordinary” by Stephen Curry



“Financial Literacy for Kids”: 20 Original Stories to Learn How to Control and Grow Your Money (Personal Development for Children). Teach Your Kids Financial Literacy... in a Simple and Fun Way... by Educa Fun



Victory In My Backpack by Kathey Mercer

