

Art of Brilliance

Reading Resources – Kevin House

A year of living Danishly - Helen Russell

What we can learn from the world's happiest country

Mindset The new psychology of Success - Carol Dweck

Importance of choosing a growth mindset. I was very much stuck on a fixed mindset.

The Art of Being Brilliant - Andy Cope/Andy Whittaker

Be Brilliant Everyday - Andy Cope/Andy Whittaker

The little book of emotional Intelligence - Andy Cope

How to be a brilliant teenager - A Cope

Easy to read, funny introduction to positive psychology with some very powerful messages.

The Untethered Soul - Michael Singer

One of my favourite books encouraging everyday mindfulness

The upside of stress - Kelly McGonigal

Stress is not bad for you per se, it's how you perceive it that can be bad for you!

Delivering Happiness - Tony Hseih

The story of how zappo's created their amazing work culture

The law of the garbage truck - David J Pollay

How not to become and garbage truck!

GRIT - Angela Duckworth

Legacy - James Kerr (Where the quote about the all blacks came from)

Sane New World - Ruby Wax

Ruby has recovered from a mental breakdown and is passionate about the powerful health benefits of mindfulness. Armed with a masters from Oxford, she is touring the world and spreading the word!

Daring Greatly - Brene Brown

How the courage to be vulnerable transforms the way we live, love. parent and lead. Amazing book!

https://www.ted.com/talks/brene_brown_on_vulnerability

New book from Brene Brown - Braving the wilderness.

Just finished this and it's fantastic! A must read.

The Chimp Paradox - Dr. Steve Peters

Understanding how to manage our chimps so that we can get more of what we want out of life. I use this model everyday day in my own life. It's one of the key things that has kept me well for 10 years.

Search inside yourself - Chade-Meng Tan

Mindfulness and meditation

Triggers - Marshall Goldsmith

How our external environment can sabotage us

Option B - Facing adversity, building resilience and finding joy - Sheryl Sandberg

Lykke - Meik Wiking.

The Danish search for the world's happiest people.

The power of meaning - Emily Esfahani Smith

Man's search for meaning - Viktor Frankl

Auschwitz survivor $E + A + R = O$

Resonate - Nancy Duarte

This book is essential reading for anyone who wants to inspire action. A game changer and one I wish I had read when I was teaching!

Meditation - [headspace.com](https://www.headspace.com)

Prince EA - <https://www.youtube.com/watch?v=ja-n5qUNRi8>

Authentic Happiness is the hub of positive psychology based at the University of Penn. Check out the questionnaire centre and the character strengths survey in particular. There is one for kids too! Just create a log in. <https://www.authentic happiness.sas.upenn.edu>