

MANAGEMENT

MOMENTUM

Executive Coaching and Recruitment

managementmomentum.net 

What Gets Measured Gets Done

Reading List by Brenda Abdilla

This is my second year tracking the books I read and now I am hooked. Keeping a list actually encourages me to read more. And it adds a feeling of accomplishment to something I was doing anyway.

Keep in mind that quantity is not nearly as important as setting a goal and following through.

A great place to start is one new book per year in a category you don't usually read. But then again, so is one book per year.

Non-Fiction and Business

The Mission, The Men, and Me: Lessons from a Former Delta Force Commander by: Pete Blaber. A great read and very informative with salient points that can apply to business, too. Manly yes, but I liked it.

Outliers: The Story of Success by: Malcolm Gladwell. Fantastic and must read. I listened to this one in my car. He is brilliant and the information is very useful.

Tell to Win: Connect, Persuade, and Triumph with the Hidden Power of Story by: Peter Guber. This guy makes an art out of name dropping but it is actually a good higher-level sales book. Key points: Know your audience and tell a great story.

Poke the Box by: Seth Godin. Easy, quick read about taking initiative and risks.

The Power Of Less: The Fine Art Of Limiting Yourself To The Essential, In Business And In Life By: Leo Babauta. I am a big fan of Everyday Zen. The author's blog about this book was too basic for me. It led me to the next book.

GTD-Getting Things Done by: David Allen. The best time management book I have ever read (if applied of course). I have read them all. It's a commitment but read the book or take the class. Great stuff!

The Dip: A Little Book That Teaches You When To Quit (and When To Stick) by: Seth Godin. He's a genius for so many reasons—not the least of which is that you can read this book in an hour and have it change the way you think.

One Minute Salesperson by: Spencer Johnson, MD. Excellent/timeless.

Making Money Is Killing Your Business by: Chuck Blakeman. This is a must for any small business owner. I am a convert for sure.

The Go Giver by: Bob Burg & John David Mann. Pretty good as business parables go but I am a little burned out on business parables right now. Maybe I am jealous that I have not written one yet.

Never Be The Same by: Mark Leblanc. Excellent in regards to business and inspiration. Mark is a friend and this book is a hit.

Food Rules by: Michael Pollan. My son is reading this book in one of his classes. You can literally read it while waiting at the car wash. Great stuff. I hope I apply it.

Inspiration and Self Help

Loving What Is: Four Questions That Can Change Your Life by: Byron Katie. I picked this up for my coaching practice and ended up really getting into it. Includes a priceless psychological strategy to use every day.

A Course In Weight Loss: 21 Spiritual Lessons for Surrendering Your Weight Forever by: Marianne Williamson. Wow. Forget the title and do the exercises in this book if you want a shift in your life.

What You Must Know About Women's Hormones: Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporosis, PCOS, and More by: Pamela Wartian Smith, M.D. Hey, it's my age group! But there was so much conflicting information I wanted to read from the expert with the latest research. Excellent resource.

Getting Into The Vortex: Guided Meditations CD and User Guide by: Esther Hicks, Jerry Hicks. I simply cannot meditate on my own so in accepting this fact I tried a variety and I like this one the best. It is a bit new-age focused and it works like a charm for me.

Sh*t My Dad Says by: Justin Halpern. Very funny. Brilliant.

Fiction

The Help by: Kathryn Stockett. One of the best books I have read. Excellent.

Bel Ami by: Guy de Maupassant. Tale of a social scoundrel in the 1800s. Saucy good read.

Water For Elephants by: Sara Gruen. Fantastic fiction read set in the Circus in 1930. My husband liked it too.

The Lightning Thief Percy Jackson by: Rick Riordan. I read this to impress my son—who is a big fantasy fiction fan—but I really liked it. The movie was good too.

Loving Frank by: Nancy Horan. This book is a fiction account of the affair between Frank Lloyd Wright and Mamah Cheney and it is riveting—also, it will help you to avoid any extramarital affairs.

Shantarram by: Gregory David Roberts. Let's just say that half way through this gripping novel/autobiography I googled the author to make sure he was still alive. Wow. Also, a great reason to get a Kindle or I-pad—as it may cause carpal tunnel issues in its paper form.

The Time Travelers Wife by: Audrey Niffenegger. Excellent. Read this one on vacation.

Brenda Abdilla is a Certified Professional Coach and president of Management Momentum, a Denver firm specializing in business coaching and recruitment. Brenda is especially known for her expertise on personality types and their impact in the business world. She works with individuals and teams to drastically improve results, and hone skills in time management, stress management, work flow, conflict resolution and leadership. Management Momentum's proven and customized recruitment process guarantees the best possible results in today's job market.

Contact: babdilla@managementmomentum.net / managementmomentum.net

