



Change the Way You Show Up for Yourself

Read your way to a deeper sense of purpose with these five books.

BY PAM MOORE

If you’ve ever wondered if there was more to life than climbing the corporate ladder or attaining the traditional markers of success, you’re not the only one. And this curated book list is proof that someone has written a book with you and your struggles in mind. Whether you’re wondering how to live your values or you need to start from square one and decide what your guiding principles are, these titles will brighten your outlook and give you practical tools to move forward.

THIS IS THE THING

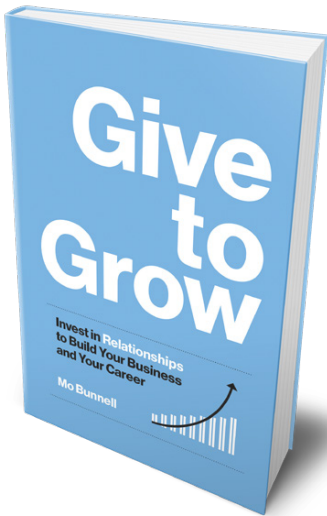
By Shane Jackson

If you’ve earned all the titles, accomplishments and accolades you ever dreamed of, but it still feels like something’s missing, this fresh read is for you.

Shane Jackson, the author of *Fostering Culture* and president of Jackson Healthcare, a company that was named to *Fortune’s* national list of 100 Best Companies to Work For and was listed by *Forbes* as one of America’s largest companies, has learned a thing or two about finding purpose and joy on his way to the top. And, in his latest book, he’s sharing it all.

Through pages that burst with engaging storytelling and resonant reflections, Jackson lets readers in on his hard-won life and business lessons—and reveals what it takes to put them into action.

SHUTTERSTOCK/GOODSTUDIO



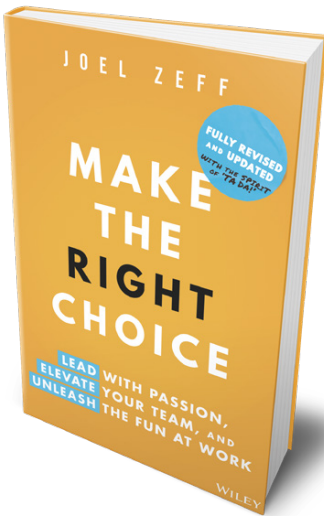
GIVE TO GROW

By Mo Bunnell

What if the barrier to your success wasn’t the deals you didn’t close or the audience that didn’t convert? According to Mo Bunnell, the obstacle between you and your goals has nothing to do with numbers and everything to do with relationships.

And he would know. As the author of *The Snowball System* and founder of Bunnell Idea Group, Bunnell has trained tens of thousands of successful sales professionals at companies like Aetna, Constellation Energy and Transunion.

The secret to their success? Generosity. Because when you start by giving to grow your relationships, everybody wins. Instead of focusing on the contract that makes this quarter, when you prioritize showing up to help, you build relationships that can span an entire career. And Bunnell lays out a formula that explains exactly how to do it.



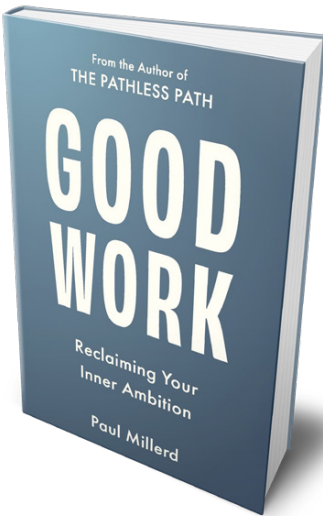
MAKE THE RIGHT CHOICE

By Joel Zeff

If you don’t think work and fun belong in the same book, let alone the same sentence, Joel Zeff wants you to think again. As a former journalist, sought-after speaker, improv actor and comedian who has worked with corporate leadership teams at companies including Walmart, KPMG and PepsiCo, Zeff wants you to know something: Work can—and should—be fun.

And through the “TA DA” philosophy he details in his new book, he’ll show you how to turn your work life from dull to dazzling. According to Zeff, you have the power to make work fun for yourself and your team by simply making the right choices.

Wondering what those choices are and how to set yourself up to make them on a consistent basis? It’s all here for you in the fresh, funny chapters of Zeff’s new book.



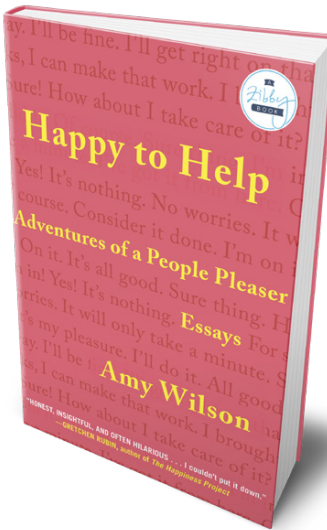
GOOD WORK: RECLAIMING YOUR INNER AMBITION

By Paul Millerd

What if everything you thought you knew about work was wrong? After spending nearly a decade chasing success, that was the question writer, creator and StrategyU founder Paul Millerd, author of *The Pathless Path*, just couldn’t escape.

When he dug for answers, he discovered that hitting the professional milestones that were laid out for him only led him away from personal fulfillment. So, he took a leap and charted his own course in his quest to create a meaningful life and to achieve success on his own terms.

In his new book, Millerd shares the deeply personal journey that led him to reclaim his “inner ambition” and, with it, his drive to engage in what he calls “good work.” We dare you to read it without feeling inspired to do the same.



HAPPY TO HELP

By Amy Wilson

You take on too much. “No” isn’t part of your vocabulary. Other people’s needs almost always come before your own.

Sound familiar? Amy Wilson, co-host of the award-winning podcast *What Fresh Hell* and recovering lifelong people pleaser, gets you. And she created a collection of razor-sharp, witty essays that will make you laugh and nod in recognition. Wilson spent decades raising her hand to take on new tasks and made it her mission to finish everything she started. And she did it all to uphold the illusion that she had everything together, when in reality, she was crumbling under the façade.

Ultimately, she had to admit that she wasn’t, in fact, “happy to help.” When Wilson reevaluated her own priorities, she discovered the problem wasn’t her boundaries but a culture that asks too much of women. In what *Booklist* calls “part memoir, part survival guide for people pleasers,” you’re sure to find humor and wisdom you can apply to your own life. ♦

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