



THE BOOK PROJECT
making reading easier for you

Do you like to read, but book club is just not your thing? Hate to read, but know you need to? Part of the accelerated reader generation, so.....you know what we mean???

The good news is we are here to HELP!!!!

Introducing **THE BOOK PROJECT**...making reading easy for you! We're introducing you to a wide variety of books, themes, and authors to choose from. We will be your accountability and discussion partners!

You design the program the way that works best for **YOU!** Want to start small and read one book in six months? **PERFECT!** Want to read a book a month? Also **PERFECT!** You decide to read a chapter a week, but fall behind. No problem! We'll be here to encourage you and cheer you on so you can read and learn in your own way.

Would you like to discuss the book each week? Or would you rather read the whole book and then discuss? We'll set it up any way you'd like! We can zoom, call, email, etc. Any format works for us, as long as it works for you!

Our goal? To make reading fun again for you (and of course, for you to learn something, too!)

Need a little nudge to get you going? Read these short articles about why you should read.

<https://www.lifehack.org/articles/lifestyle/10-benefits-reading-why-you-should-read-everyday.html>
<https://michaelhyatt.com/science-readers-leaders/>

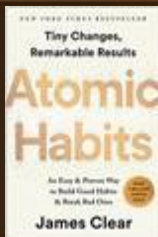
Here's our book selection. Let us know when you'd like to get started! **QUESTIONS?** Email Talent Development at hr.talentdevelopment@ttu.edu

THE BOOK PROJECT

Click on the book you're interested in to read the summary!

[Daring Greatly](#)

Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable or to dare greatly. Based on twelve years of pioneering research, Brené Brown PhD, LMSW, dispels the cultural myth that vulnerability is weakness and argues that it is, in truth, our most accurate

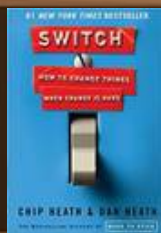
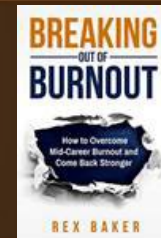


[Atomic Habits](#)

James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results.

[Breaking Out of Burnout](#)

Breaking out of Burnout gifts readers the tools required to replace career burnout with new energy and purpose. The book's personal, hands-on material will show you how to change your life with intuition and come out the other side of occupational burnout successfully.

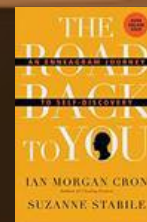


[Switch](#)

Switch shows that successful changes follow a pattern that you can use to make the changes that matter to you, whether your interest is in changing the world or changing your waistline.

[The Road Back to You](#)

Witty and filled with stories, this book allows you to peek inside each of the nine Enneagram types, keeping you turning the pages long after you have read the chapter about your own number. Not only will you learn more about yourself, but you will also start to see the world through other people's eyes, understanding how and why people think, feel, and act the way they do.



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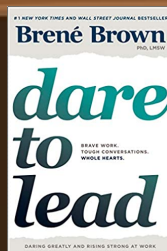
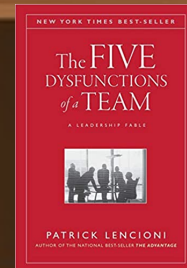


How to Think

In this smart, endlessly entertaining book, Alan Jacobs diagnoses the many forces that act on us to prevent thinking—forces that have only worsened in the age of Twitter, “alternative facts,” and information overload—and he also dispels the many myths we hold about what it means to think well. (For example: It’s impossible to “think for yourself.”)

The 5 Dysfunctions of a Team

Throughout the story, Lencioni reveals the five dysfunctions which go to the very heart of why teams even the best ones—often struggle. He outlines a powerful model and actionable steps that can be used to overcome these common hurdles and build a cohesive, effective team. Just as with his other books, Lencioni has written a compelling fable with a powerful yet deceptively simple message for all those who strive to be exceptional team leaders.

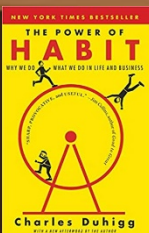
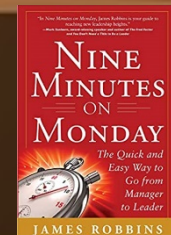


Dare to Lead

When we dare to lead, we don’t pretend to have the right answers; we stay curious and ask the right questions. We don’t see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don’t avoid difficult conversations and situations; we lean into vulnerability when it’s necessary to do good work.

Nine Minutes on Monday

James Robbins argues that employee engagement comes down to one thing: a constant dedication to meeting the universal needs that drive performance excellence. In today’s chaotic environment, it is easy to get distracted from leadership responsibilities by focusing on tasks at hand. But when you neglect to keep your leadership priorities in front of you, everyone suffers—your staff, your organization and, in the end, you.



The Power of Habit

At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives.

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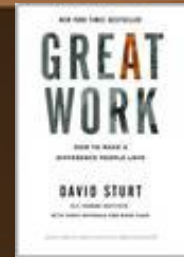


[Your Best Year Ever](#)

Anyone who is tired of not seeing progress in their personal, intellectual, business, relationship, or financial goals will treasure the field-tested wisdom found in these pages.

[Great Work](#)

This book is filled with stories of real people in real jobs who did what was asked and then added something extra- a personal touch all their own- to deliver better-than-asked-for results. Their stories will inspire you to write your own page in the book of human progress.

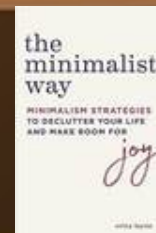


[The Joy of Missing Out](#)

In this book, Tonya Dalton reveals how to identify your own unique priorities and purpose, take ownership of your calendar so that you live to your full potential, and escape the guilt that comes with saying no and choose instead to find your yes.

[The Minimalist Way](#)

Filled with practical philosophy and easy-to-use strategies for removing unnecessary distractions and stress, this is the essential guidebook for anyone look to clear out their physical, mental, and emotional clutter.

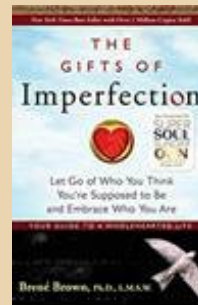


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QUESTIONS? Simply reply to this email.**



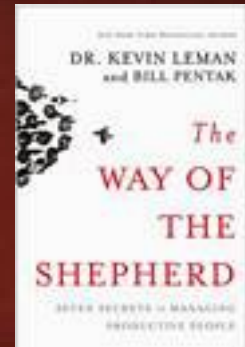
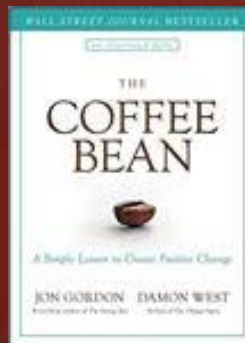
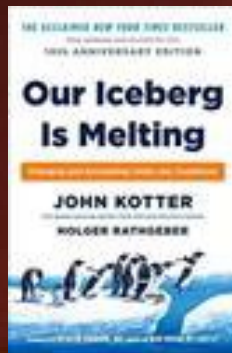
If you are up for a little longer book, but still want a quick, easy read try these:

(We will not provide individualized discussion on these.)



Click on the book you're interested in to read the summary!

If you are just getting into reading or back into reading and you want some “quick wins”, try these easy-to-read, shorter books:
(We will not provide individualized discussion on these.)



Click on the book you're interested in to read the summary!

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