

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/>

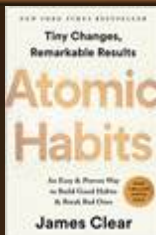
Here's our book selection. Let us know when you'd like to get started! QUESTIONS? Email Talent Development at hr.talentdevelopment@ttu.edu

THE BOOK PROJECT

Click on any book title 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 measure of courage.

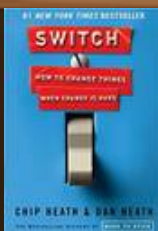
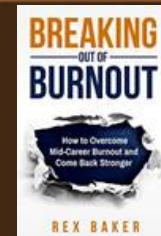


[Atomic Habits](#)

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.

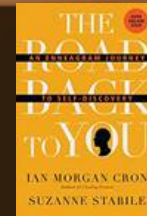


[Switch](#)

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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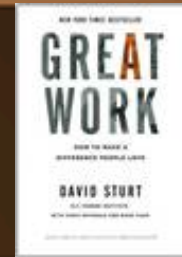


[Your Best Year Ever](#)

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 looking to clear out their physical, mental, and emotional clutter.



Let us know when you'd like to get started!
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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.)

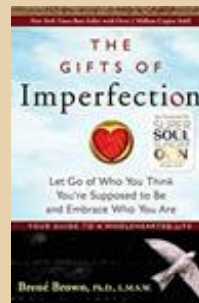
START



FINISH

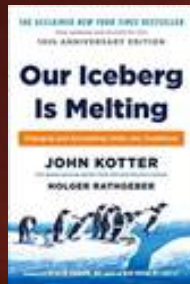


The Gifts of Imperfection

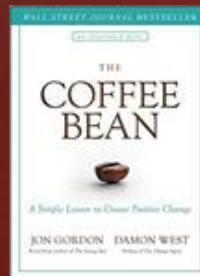


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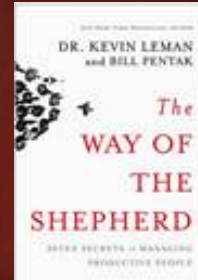
If you are just getting into reading or back into reading and you want some “quick wins”, try these easy-to-read, shorter



Our Iceberg
is Melting



The Coffee Bean



The Way of the
Shepherd