

Personal development is core to my coaching program. Having suffered a complete breakdown in my twenties, I learned that you can't change the outside, until you do work on your mindset and the stories you tell yourself. You must make it a priority to understand more about yourself and why you do what you do.

I truly credit every positive change in my life to the time I've spent working on myself.

Please find below the books I highly recommend you read:

1. The Success Principles by Jack Canfield
2. Awaken The Giant Within by Tony Robbin
3. The Slight Edge by Jeff Olsen
4. Straight Line Leadership by Dusan Djukich
5. The Gifts of Imperfection by Brene Brown
6. The Miracle Morning By Hal Elrod
7. Psycho-Cybernetics by Maxwell Maltz
8. Starts with Why by Simon Sinek
9. The 4 Agreements by Don Miguel Ruiz
10. Atomic Habits by James Clear
11. Good Vibes , Good Life by Vex King

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