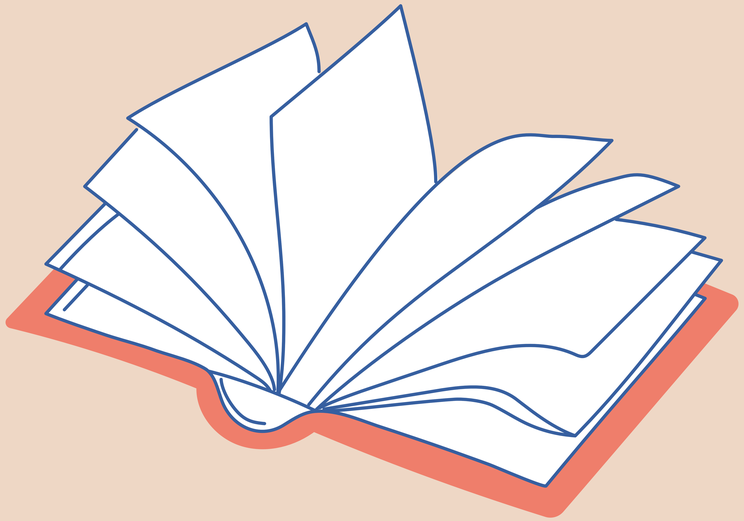


5 Self Development Books

The Fourth Agreement

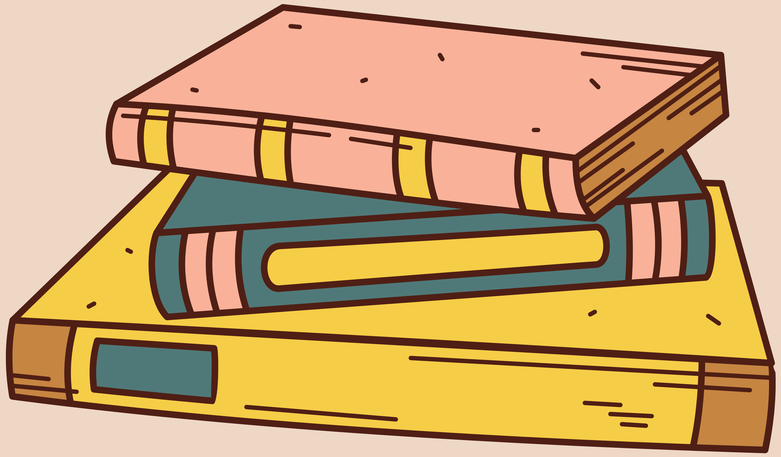
Commitment and a true desire to live a better life, The Four Agreements replace conflict, drama, and needless emotional suffering with happiness, personal freedom, love, and respect for one's “self” and all life.

Atomic Habits

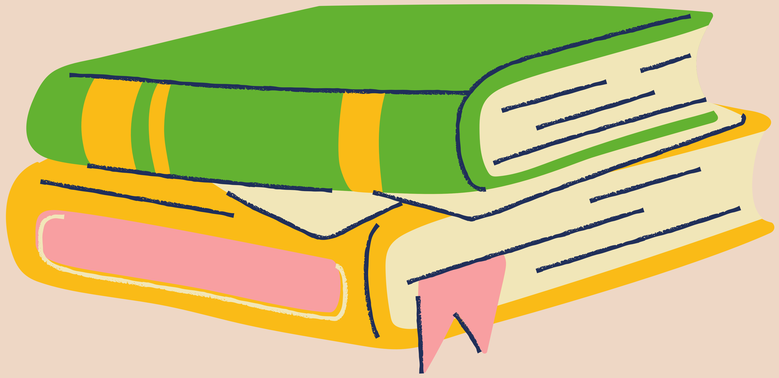
Atomic Habits is a guide to building good habits and breaking bad ones. James Clear says all our habits follow a 4-Step Habit Loop which includes: cue, craving, response and reward. He explains practical techniques to "hack" each step so we can achieve lasting personal change.

The Alchemist

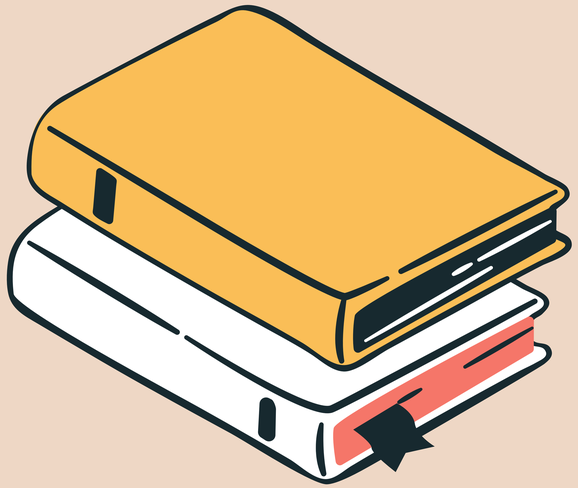
The Alchemist tells the story of a young shepherd named Santiago who is able to find a treasure beyond his wildest dreams. Along the way, he learns to listen to his heart and, more importantly, realizes that his dreams, or his Personal Legend, are not just his but part of the Soul of the Universe.



The 5 AM Club



The 5 AM club is a concept started by Robin Sharma where you wake up at 5 AM do twenty-minutes exercise, twenty-minutes planning and twenty-minutes study.

The Biology of Belief

The Biology of Belief explores how cells receive and process information. Candace Pert, and other intrepid researchers have demonstrated that DNA is actually controlled by signals that come from outside of the cell. In other words, the cell's environment matters much more than we once thought.