

## **Recommended Reading List**

### **Fitness and Health (Physical and Mental Toughness)**

A few very good places to start are:

- Lights Out: Sleep, Sugar, and Survival. A good read on sleep, improving it, and why sugar is really bad for us. Find book [here](#).
- Spark, Dr. John Ratey. How exercise makes us sharper and more mentally acute – more mentally tough. Find book [here](#).
- Younger Next Year. Because we're not getting younger. Find book [here](#).
- Plant Strong. Because it just makes sense. Find the book [here](#).

For those genuinely interested in fitness, health, and wellness prescription and programming please reach out to me directly as I've a few good sources for you to follow who can really help you.

### **Teamwork, Followership, and Leadership**

- Courageous Follower, Ira Chaleff. Find book [here](#).
- Up the Organization, Robert Townsend. A timeless book on an atypical (but correct) way of leading teams! Find book [here](#).
- Leader's Checklist, Mike Useem. Find book [here](#).
- Thinking Fast and Slow (link [here](#)), and Sources of Power, Gary Klein (link [here](#)). Both are on decision making and biases.
- How will you measure your life? By, Clayton Christensen. Find book [here](#). This book will help you evaluate how you view the people on your team, what's the purpose of your team, and how you define/direct the team's resources.
- Team of Teams, Silverman, McChrystal, and Fussell. A book about operating a network of teams, by my former teammates and boss, Gen Stan McChrystal. Find book [here](#).

This series of books will help you look at your perspective inside the larger organization and also at your direct team, however big or small. You'll be able to ask yourself some questions about being a good follower and cultivating good "followership."

### **Warrior Mindset**

- Deep Survival, Laurence Gonzales. Warrior mindset in survival situations. Find book [here](#).
- Endurance, by Alfred Lansing (link [here](#)), and Forever on the Mountain (link [here](#)). These two books together are remarkable stories and paradoxes in both style of teamwork and outcomes.
- The E-Myth Revisited, Michael Gerber. This little book really made me reflect deeply about where I was in my personal evolution as a business owner, follower, and leader. You'll have to ask yourself where you believe you are in your development relative to your personal strategies and behaviors. Find book [here](#).