



WELCOME TO OUR

MONTHLY BOOK RECOMMENDATIONS

Suresh Balachandar

Your Business Coach with a Difference



September

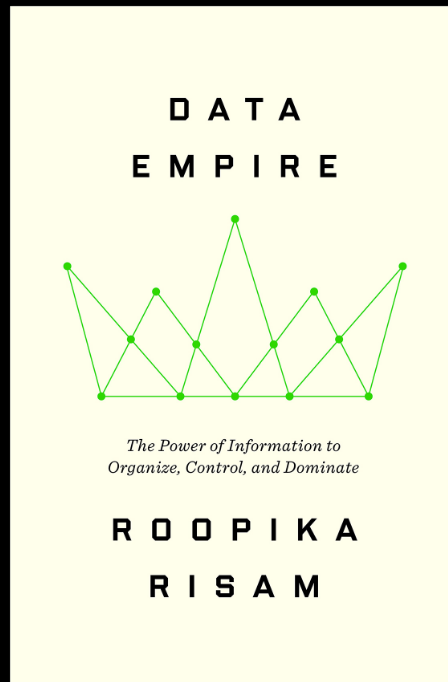
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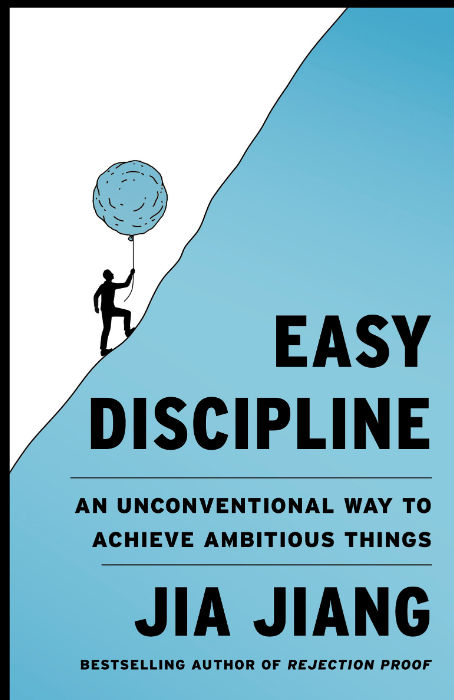
12 Books

01

DATA EMPIRE

This book explores the long story of data. It looks at how people count things and keep records. It draws on history, art, and the study of culture. It walks from marks on cave walls to clay tokens to code. The core claim is simple. Data is never just given. Someone makes it. Someone picks what counts. And those who hold the counts hold power. This book asks who gets to make the record now. A great book.





02

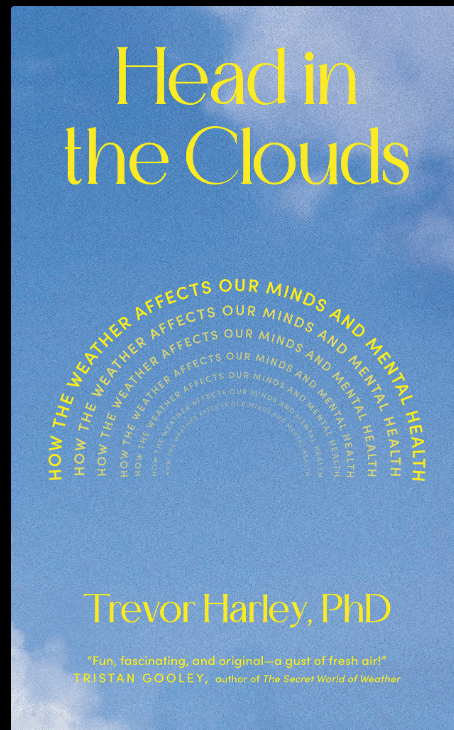
EASY DISCIPLINE

This book explores a new way to reach big goals. It says grit and force are not the answer. Joy is. It draws on stories from sports, art, and business. It also draws on the writer's own messy life. The plan has four parts. Find the fun in the work. Treat it as art. Build systems that carry you. And do it your own way. Small wins build a loop that keeps you going. A useful book.

03

HEAD IN THE CLOUDS

This book examines how weather shapes the mind. Sun, rain, heat, cold, wind, and snow all touch how we feel. It draws on brain science, weather records, and the writer's own life. He kept notes on the sky for more than 30 years. He also lives with deep lows. The findings are mixed, and this book says so. Some links are strong. Some are weak. But weather can lift us. And we can learn to use it. A warm and honest book.





04

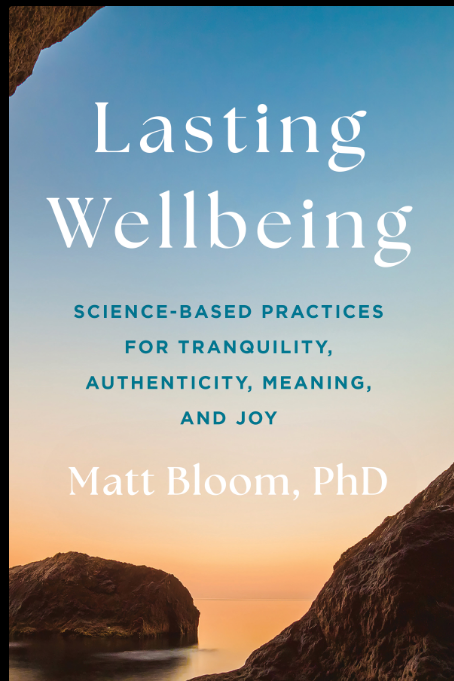
IMAGINE THAT

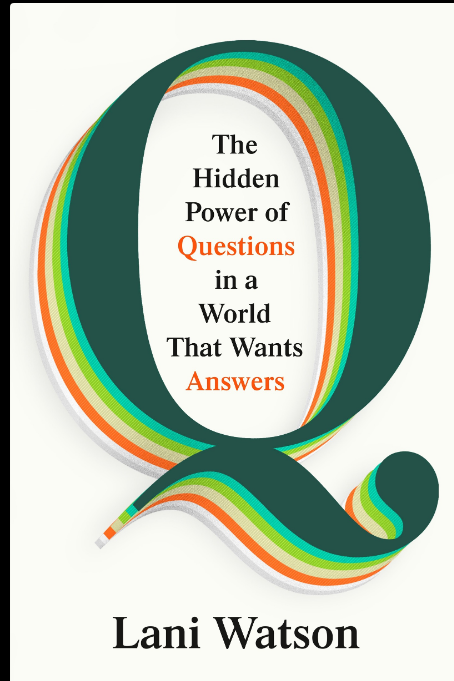
This book explores the power of the mind's eye. It asks what happens when we picture things that are not here. It draws on brain scans, lab work, and years of study. It draws on art and film too. The main idea is this. The mind's eye is a skill, not a gift. Most of us never learn to use it on purpose. But it can ease pain, calm fear, and shape what comes next. This book offers tools to find your own style. A great book.

05

LASTING WELLBEING

This book examines what makes a life go well. It is a field guide, not a quick fix. It draws on nearly 30 years of research. That work spans more than 25 countries and 2,000 talks with helpers and healers. It sorts good habits into groups. Calm. Grace under stress. Strong ties. Truth to self. Clear values. Rich goals. And joy. There is no one secret. Each path is your own. This book asks you to be faithful, hopeful, and loving. A kind and steady book.





06

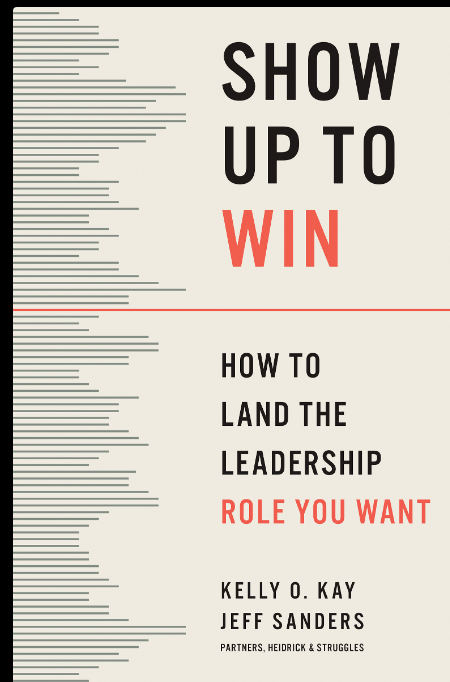
Q

This book explores the hidden power of questions. It asks where they come from and why we stop asking them. It draws on the study of big ideas. It draws on work in schools, courts, and the news. The core claim is that we live in a world built on answers. That world rewards those who know. It ignores those who ask. But a good question can shift what we think and feel. This book ends with ten tools to help you ask better ones. A great book.

07

SHOW UP TO WIN

This book examines how to land the top job you want. Two search firm leaders wrote it. They have placed hundreds of top leaders and board members. This book walks through eight steps. Know your worth. Shape your story. Handle each talk. Pick the right path. Win the offer. Leave with grace. Then start well. Luck and contacts are not enough now. Career skill can be learned. And it must be learned. A clear and useful book.



"The best leadership book of the year." —SCOTT GALLOWAY

THE
THE COMPOUNDING
PRICE
PRACTICES OF
OF
HIGH PERFORMANCE
BECOMING
Ryan Hawk

USA TODAY BESTSELLING AUTHOR AND
HOST OF THE LEARNING LEADER SHOW

08

THE PRICE OF BECOMING

This book explores what growth really costs. The price is comfort, and you pay it each day. It draws on more than 700 talks with leaders on a podcast. It also draws on the writer's own life in sports, sales, and work. This book has three parts. Learn. Work. Lead. Stay curious. Ask hard things. Take the slow path. Trust your wings. Then teach what you know. Teaching others is how you master your own craft. A great book.

09

THE SMALL STUFF

This book examines the small joys of daily life. A cup of tea. A haircut. A stick shift car. It draws on media study, design, and the writer's own house and habits. The claim is that screens and apps have thinned our world. We touch fewer things. We fix fewer things. We own less than we think. But we can win it back. Heap wonder on small things. Keep some junk. Spend your day in its moments. A warm and funny book.



think less
think less
think less,
**SLEEP
MORE**

From Panic & Perfectionism
to Stress-free Sleep

Stephanie Romiszewski

10

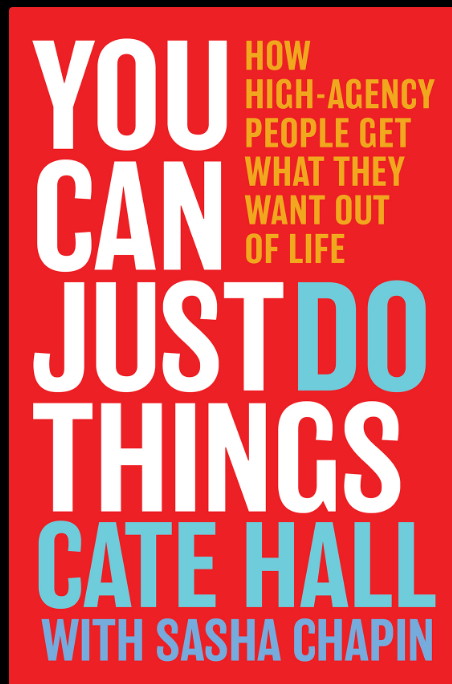
THINK LESS, SLEEP MORE

This book explores our fear of bad sleep. A sleep expert wrote it. She has helped more than 10,000 people rest better. It draws on 20 years of care work and on sleep science. The claim is bold. You are not broken. Your body knows how to sleep. Trying hard is the thing that breaks it. Mornings matter more than nights. Sleep tools can make things worse. Perfect sleep is a myth. Let it go. A kind and freeing book.

11

YOU CAN JUST DO THINGS

This book explores the skill of taking action. The writer calls it agency. She left law to play poker and rose to the top. Then she fell hard and built her life back. This book draws on that story. It draws on friends, founders, and card players too. The core claim is that no wise adults are in charge. Most people are winging it. So face the truth. Ask anyway. Look silly. Take shortcuts. Then act. A bold and honest book.



YOUNG MONEY



A FIELD GUIDE TO WEALTH AND
PURPOSE IN YOUR TWENTIES

JACK RAINES

12

YOUNG MONEY

This book examines how to live your twenties well. It is a letter the writer wrote to his younger self. He quit a safe job at 24 and lived out of a bag for a year. He draws on that trip and on the lives of his friends. The core claim is that time is short and choices cost. Memories grow faster than money. Status games have no end. Doing nothing has a price too. So ask one thing. Am I having fun yet? A great book.



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Boss Your Business with your coach with a Difference