

BEST BOOKS FOR COACHES [IMHO]

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To be selected for this list, a book must meet the following criteria: (a) have a solid foundation of research or relevant, broad experiences, (b) include material that that can enhance one's effectiveness and/or well-being as a coach, and (c) be well written and still available. If you'd like to suggest a book, send an email to me at gayle@essencecoaching.com

Achor, Shawn.¹ [*The Happiness Advantage: The Seven Principles of Positive Psychology that Fuels Success Performance at Work.*](#)

Compelling narratives from academia and business illustrate research-informed tips from this award-winning instructor of Harvard's vanguard positive psychology class

Allen, David. [*Getting Things Done: The Art of Stress-Free Productivity*](#)

The world's leading expert on personal and professional productivity revisits his classic GTD system to guide you step-by-step to get control over your Inbox & your life. from

Baumeister, Roy^{1,2} and Tierney, John. [*Willpower: Rediscovering the Greatest Human Strength*](#)

Unusually readable tour de force of the research on willpower and its applications from the academic expert and a perceptive journalist.

Bregman, Peter.^{1,2} [*Eighteen Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done.*](#) Make sure your To Do list and your actual day reflects your priorities with this approach.

Cloud, Henry. [*Necessary Endings.*](#)

Sometimes we need to let go and move on, especially in business and personal relationships. Therapist-coach Cloud helps you figure out why, when, and how.

Comer, Denise K., and Garrett, Barbara Gina.¹ [*It's Just a Dissertation*](#)

Highly recommended for ABDs and their coaches, this workbook helps you think small, calm, doable, whether you are just starting or stuck on the last chapter.

Cuddy, Amy. [*Presence: Bringing Your Boldest Self to Your Biggest Challenges*](#)

Your body language shapes who you are—so use it boost your personal power, confidence and success. Cuddy, a celebrity after her TED talk, shares the research and applications.

1: book/topic covered in an article in the All But Dissertation Survival Guide, [www.abdsurvivalguide](http://www.abdsurvivalguide.com)

2: see author interview by Ben Dean, PhD, at <http://www.mentorcoach.com/positivepsychology/interviews.htm>

BEST BOOKS FOR COACHES (SCROGGS)

2

Csikszentmihalyi, Mihaly. [Flow: The Psychology of Optimal Experience](#)

How to find flow and flourish—an updated modern classic.

Davis, Josh.¹ [Two Awesome Hours: Science-Based Strategies to Harness Your Best Time and Get Your Most Important Work Done](#)

Surprisingly easy yet novel strategies for optimizing your day based on research. Exceptionally useful for academic and business coaching.

Dik, Bryan,² Byrne, Zinta S., and Steger, Michael. *Purpose and Meaning in the Workplace.*

Emmons, Robert.² [Thanks!](#)

Field, Marlena. [Body-Centered Coaching: Using the Body as a Resource for Change](#)

Concrete exercises for leveraging the often-forgotten body in coaching. (May need to order from author.)

Fredrickson, Barbara.^{1,2} [Positivity: Top-Notch Research Reveals the Upward Spiral that Will Change Your Life](#)

A life-changing book that explains why positive emotions matter—and how to experience more of them, with concrete exercises included.

Fredrickson, Barbara.^{1,2} [Love 2.0](#)

Goleman, Daniel. [Focus: The Hidden Driver of Excellence](#)

Insights, examples, and recommendations for taking control of your attention.

Halvorson, Heidi Grant.¹ [Succeed: How We Can Reach Our Goals](#)

A must-read for every coach. Highly entertaining and valuable presentation of science-based strategies to enhance motivation and goal attainment.

Halvorson, Heidi Grant. [No One Understands You and What To Do about It](#)

You are probably wrong about how others perceive you—so take HHG's advice to fix that. A perfect anonymous gift for someone you think is bossy, clingy, narcissistic, etc.

Hanson, Rick. [Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom](#)

A best seller lauded by scientists that introduce the reader to findings in neuroscientific research about happiness and love that are highly congruent with ancient wisdom traditions.

Kashdan, Todd and Ciarochi, Joseph. [Mindfulness, Acceptance, and Positive Psychology](#)

Anthology integrating positive psychology and Acceptance Commitment Therapy research and theory written by leading researchers.

Lyubomirsky, Sonja. *The How of Happiness: A Scientific Approach to Getting the Life You Want*

McGonigal, Kelly.¹ *The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It*

Miller, Caroline Adams, and Frisch, Michael. *Creating Your Best Life.*

BEST BOOKS FOR COACHES (SCROGGS)

3

Newberg, Andrew, and Waldman, Mark Robert. [*Words Can Change Your Brain: 12 Strategies To Build Trust, Resolve Conflict, and Increase Intimacy*](#)

One of my all-time favorites, especially as audiobook. The authors apply neuroscience to illustrate their strategies for communication, reminding me of Thich Nhat Hanh's advice: "Smile, breathe, and go slowly."

Peterson, Christopher.² [*A Primer in Positive Psychology*](#)

Peterson, Christopher and Seligman, Martin. [*Character Strengths and Virtues*](#)

Polly, Shannon, and Britton, Kathryn H. [*Character Strengths Matter*](#)

Pychyl, Timothy.^{1,2} [*Solving the Procrastination Puzzle: A Concise Guide for Strategies for Change*](#)

An absolute must for any academic coach, this slim volume will tell you everything you need to know about what causes and cures procrastination. Touch of humor makes it fun reading!

Rath, Tom.¹ [*Eat, Move, Sleep*](#)

The author of *Strengthsfinder 2.0* he explains in data-backed detail how you need to eat better, move more, and sleep longer. Great for wellness tips.

Rock, David. [*Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long*](#)

Seligman, Martin. [*Flourish: A Visionary New Understanding of Happiness and Well-being*](#)

The book that introduced PERMA to the world.

Sumerson, Joanne Broder.¹ [*Finish Your Dissertation, Don't Let It Finish You!*](#)

Williams, Mark and Penman, Danny. [*Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World*](#)