**Book recommendations**

* The Chimp Paradox: The Mind Management Programme to Help You Achieve Success, Confidence and Happiness by Prof Steve Peters
* Self Compassion by Kristin Neff
* Feel the Fear and Do it Anyway by Susan Jeffers (also available as a ‘Quick Reads 2017’ if you don’t have much time)
* The Joy Of Imperfection: A Stress-Free Guide To Silencing Your Inner Critic, Conquering Perfectionism, and Becoming The Best Version Of Yourself! By Damon Zahariades
* Overcoming Perfectionism, by Roz Shafran
* Resilience by Liggy Webb
* Miracle Morning by Hal Elrod
* Laughology: Improve Your Life With The Science Of Laughter, by Stephanie Davies
* The Effortless Sleep Method: The Incredible New Cure for Insomnia and Chronic Sleep Problems by Sasha Stephens
* Instant Confidence (Book and CD) by Paul McKenna
* I Can Make You Sleep (Book and CD) by Paul McKenna
* Mindfulness by Ian Banyan
* Atomic Habits by James Clear
* 12 rules for life by Jordon Peterson
* Silent Guides by Dr Steve Peters
* Breaking the habit of being yourself by Joe Dispenza
* Habit Stacking by S J Scott
* No More Mr Nice Guy: A Proven Plan for Getting What You Want in Love, Sex, and Life by Robert A. Glover
* The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate by Harriet Lerner
* High Performance Habits: How Extraordinary People Become That Way by Brendon Burchard
* How to Win Friends and Influence People by Dale Carnegie
* The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change by Stephen R. Covey
* The Seven Rules Of Success by Fiona Harrold

If you find any of these help you or find any other Self Help books that are good please let me know!