



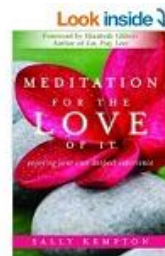
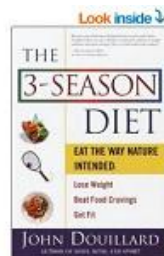
YHC Recommended Reading

Note: I made this list as brief as possible. There are many amazing books I use and recommend for this course. I have put **asterisks**** next to the ones I'm super serious you should read. If you'd rather listen then read, an Audible account is the way to go.*

**** Highly Recommended Books:**

- [Body Thrive](#)
- [3 Season Diet](#)
- [The Power of Habit](#)
- [The Compound Effect](#)
- [Sell the Feeling](#)
- [The Growth Mindset Coach: A Teacher's Month-by-Month Handbook for Empowering Students to Achieve](#)

On Ayurveda + Yoga + Meditation



- ******[3 Season Diet](#)
- [Sally Kempton::Enjoying Your Own Deepest Experience](#)

On Coaching

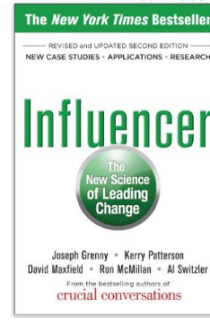
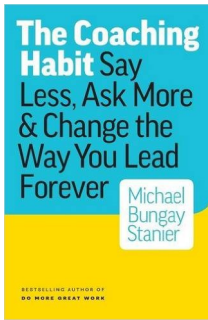
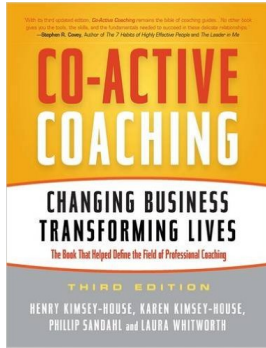
[Co-Active Coaching](#)

[The Coaching Habit](#)

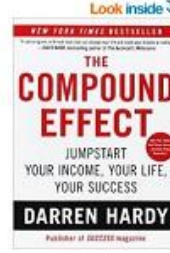
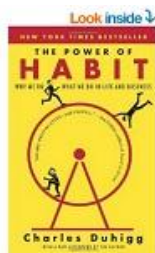
[Influencer: The New Science of Leading Change, Second Edition](#)



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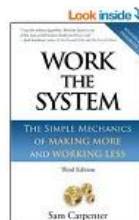


On Habits



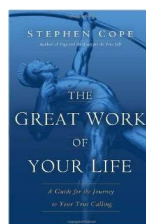
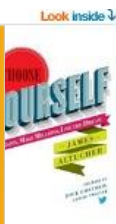
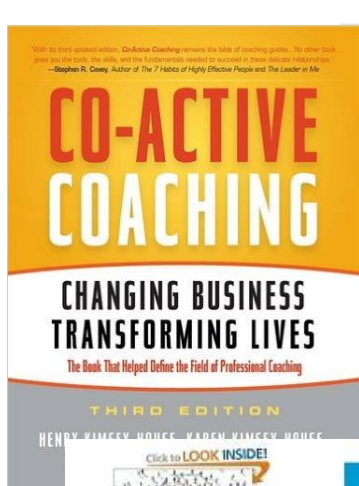
- * [The Compound Effect](#)
- [The Power of Habit](#)
- [The Power of Less](#)
- * James Clear: [Transform Your Habits](#) (via ebook only)

Overall Business Strategy



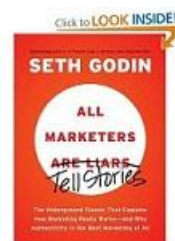
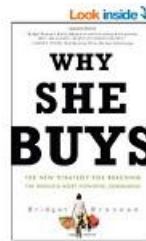
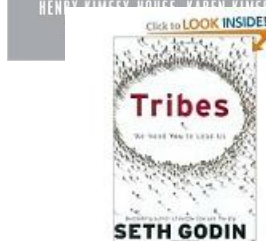
- [Work the System: The Simple Mechanics of Making More and Working Less](#)

On Dharma + Niching



- * [Choose Yourself!](#) - James Altucher
- [The Great Work of Your Life](#) by Stephen Cope

Marketing + Sales

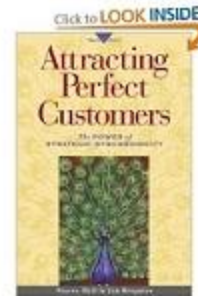
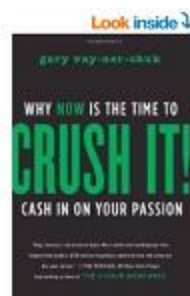
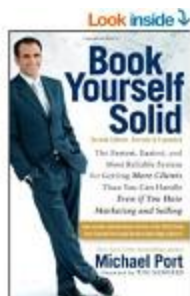


- * [Tribes: We Need You to Lead Us](#)
- Art of Fascination by Sally Hogshead (I found this one: [Fascinate: Your 7 Triggers to Persuasion and Captivation](#))
- [Why She Buys](#)
- [All Marketers Are Liars: The Underground Classic That Explains How Marketing Really Works and Why Authenticity Is the Best Marketing of All](#)

Money Shadow Issues

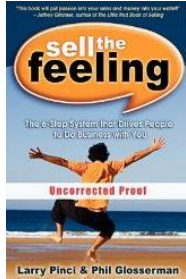
- ** [Wired for Wealth](#)

Booking Clients





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- ** [Sell the Feeling](#)
- [Book Yourself Solid](#)
- [Crush It: Why NOW is the Time to Cash in on Your Passion](#)
- [Double Double: How to Double Your Revenue and Profit in 3 Years or Less](#)
- [Attracting Perfect Customers: The Power of Strategic Synchronicity](#)

Setting up a Referral System

- [Thanks for the Feedback: The Science and Art of Receiving Feedback Well](#)
- [The Referral Engine: Teaching Your Business to Market Itself](#)
- [Flip the Funnel: How to Use Existing Customers to Gain New Ones](#)