

Further Resources

Many of the concepts in this book are taken from my studies of transformational leadership and coaching at the Wright Graduate University for the Realization of Human Potential. Below are some recommended resources and ideas for additional reading. More online resources and end-of-chapter exercises are available on my Web site, www.rachalomcara.com, including video and audio links where applicable.

CHAPTER 2

Wright Foundation Web sites: www.judithwright.com, www.wrightliving.com, www.wrightgrad.edu, www.thewrightfoundation.org
Training weekend to unleash your potential: Whether you're looking to advance in your career by being a stronger leader, assert yourself more aggressively, date more successfully, or build stronger relationships with your children, this powerful weekend seminar lays the foundation for lifelong learning and fulfillment of your greatest potential. Register for an upcoming training using the code REMATRIX at <http://foundationsweekendtraining.com/>.

Alfred Adler (1870–1937) is recognized as the founder of individual psychology and an entire branch of psychology known as Adlerian theory. He wrote dozens of books, including *Understanding Human Nature*. He came up with the three major areas of life, lifestyle analysis, life project, apperception, and much more. Entire lexicons have been created based on his work. Many schools teach his work, including the Adler Graduate School: <http://alfredadler.edu/about/theory>.

CHAPTER 4

Mike Robbins Web site: <http://mike-robbins.com/>

CHAPTER 5

Don't Break the Bank worksheet "Pause Resources" Web page at: www.rachaelomeara.com/pauseresources

Jenny Blake books, workshops, and coaching: <http://www.jennyblake.me/>

Alfie van der Zwan Mindful365 mobile app provides daily contemplations, one for each day of the year: <http://mindful365.com/>

CHAPTER 6

Gabby Bernstein Web site: <http://gabbybernstein.com/>

Austin Hill Shaw Web site: www.austinhillshaw.com

Mark Thornton *Meditation in a New York Minute* contains a series of eighteen practical awareness exercises that anyone can do, multiple times a day. It's how I was introduced to meditation. It's an easy read and available as an audiobook. (Disclaimer: I am on Mark's board for his nonprofit, Business for the Planet.)

CHAPTER 7

Common Sense Media is a great free resource for adults/parents to navigate children's consumption of media, while helping kids thrive in a world of media and technology. The group empowers parents, teachers, and policymakers by providing unbiased information, trusted advice, and tools to help them harness the power of media and technology as a positive force in all kids' lives. Kids

can use it, too. Visit www.common sense media.org/ or mobile app ratings/reviews for kids media apps.

Tiffany Shlain: Tech Shabbat infographic: www.moxieinstitute.org/technology_shabbats

Moxic Institute Web site: www.moxieinstitute.org

Friday App from rebooters.net (available in Apple iTunes) and www.thefridayapp.com/

Danielle LaPorte books, products, Web site: www.daniellelaporte.com

Arianna Huffington has assembled a thorough and helpful list of resources for curbing distractions in the appendix of her book *Thrive*.

CHAPTER 9

Joe Kutchera Web site, consulting, book info: <http://joekutchera.com/>

Joe's recommended reading:

Transitions: Making Sense of Life's Changes by William Bridges provides readers with a summary of the emotional process and evolution that we go through during major life changes like losing a job, moving, or changing careers. I found this book enormously helpful in understanding the process of going through my own transition.

The 4-Hour Workweek by Timothy Ferris boldly encourages today's knowledge workers to negotiate a "semi-sabbatical" with current employers or to work virtually so they can take on big passion projects like writing a book, surfing, or learning a new language while balancing work responsibilities.

Flawless Consulting: A Guide to Getting Your Expertise Used by Peter Block inspires us to set up a solo consultancy, focus our business on our core specialties, get clients, and enjoy the freedom of being a "solopreneur."

CHAPTER 10

Dr. Lissa Rankin has led two National Public Television (PBS) specials and leads classes at retreat centers like Esalen and Kripalu. To read more about her journey, visit LissaRankin.com and her page on Facebook where she blogs regularly. For info on the Whole

Health Medicine Institute visit <http://wholehealthmedicineinstitute.com/>.

Steve Sisgold coaching, consulting, books; Web site: www.wholebodyintelligence.com

StrengthsFinder 2.0: For test and access code of the comprehensive overview, visit www.strengthstest.com/strengths-tests/strengthsfinder-20-access-code.html. You have an option on this site to complete a detailed version for your relative dominance in each strength (cost: \$89.99).

CHAPTER 11

Job search center concept is from Jen Petroff, a Google colleague. Jen introduced me to her “job command search center” and “job fire drill article” during my job search. It is what I based my job search template on, combined with what she mentioned in her article.

For a detailed job search center template inspired by Jen’s article visit my Web site: www.rachaelomeara.com/pauseresources.