



A Reading List To Support You Through Change

Change in seasons. Change in career. Change in routine. Change in life. We all experience change, and change is coming whether whether we like it or not. The question is - will you choose to embrace the good that change will bring, or give in to fear of the “what might come to pass”?

I'm inspired by books whose authors share a bit of their own journeys to success through their written words. I'm excited to share with you a few books that have helped me through my filled-with-change journey in hopes that they will also inspire you.

With love,

Trish

ps. Visit trishkendall.com/contact to connect and for more information about booking me as your next keynote speaker.

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Reading List

The Book of Joy: Lasting Happiness in a Changing World by His Holiness the Dalai Lama, Archbishop Desmond Tutu with Douglas Abrams Gifted to me by my dear friend, this book gives us a peek into the conversations had between the Dalai Lama and Archbishop Desmond Tutu around joy and the obstacles that we all face in achieving moments of joy. In response, they offer “Eight Pillars of Joy” to help those seeking enduring joy to find it. The book also includes each of their spiritual practices that anchor their own emotional and spiritual lives. These two great men and great thinkers have decades of insight and practice to share with us and the world. This is a great text to return to again and again when you’re looking for a way to be intentional and actionable about your journey to joy and your own enduring success.

A Gentleman in Moscow by Amor Towles. This is a beautiful novel about creating enduring success no matter your circumstance. The story begins when Count Rostov (the main character) has been forced into house arrest, in the Hotel Metropol in Moscow, by a Russian Bolshevik Tribunal. As the world changes before his eyes, he’s stuck indoors, powerless and apart from society. The novel explores his interiority as he strives to understand what it means to be purposeful in life. I delighted in Count Rostov’s journey to enduring success as he chose, again and again, to embrace the unexpected love that presented itself to him (and within him) even in the tiniest places.

Untangled: Guiding Teenage Girls through the Seven Transitions to Adulthood by Lisa Damour, Ph.D Another recommendation from my fellow-mom friends, this book is a guide to helping parents, especially moms, embrace the natural (albeit scary and frustrating) changes of our daughters growing up. Filled with simple and relatable lessons, wrapped in real-life stories and analogies, Lisa Damour, Ph.D. uses her expertise as a child psychologist, director of the renowned Laurel School’s Center for Research on Girls, and her experience raising her own daughters, to help us, help our daughters transition to healthy, happy young women.



Atomic Habits. Earlier in my life I didn't believe I could ever trust myself and I never believed any one could ever trust me. But after incredible hardship and a year after I pulled the final needle out of my vein, I had become trustworthy. As I recovered from my drug addiction, I learned if you do the little things great, great things happen. The book Atomic Habits demonstrates how making good, small decisions each day can transform who you are. James Clear exclaims that habits aren't about getting something or losing something; habits are about becoming someone. I have so many highlighted passages and underlined statements throughout this step-by-step book. It's one I keep coming back to time and time again!

Mindset: The New Psychology of Success by Carol S. Dweck, Ph.D. [My Choose & Become Interview guest, Imran Qureshi](#), introduced me to Carol Dweck's "The Growth Mindset". This science-backed book reveals that we can choose to believe our abilities and skills are fixed (a fixed mindset) or believe that our skills and abilities can be continuously developed (a growth mindset). Which mindset do you think will fuel your journey to enduring success?!? I liken, conceptually, choosing a growth mindset to embracing our boundless capacity to love. We can choose to believe we have a certain limit, a certain capacity to give and to receive love....or we can choose to believe that we have a boundless, never-ending, capacity to give and to receive love. I choose the latter.

