

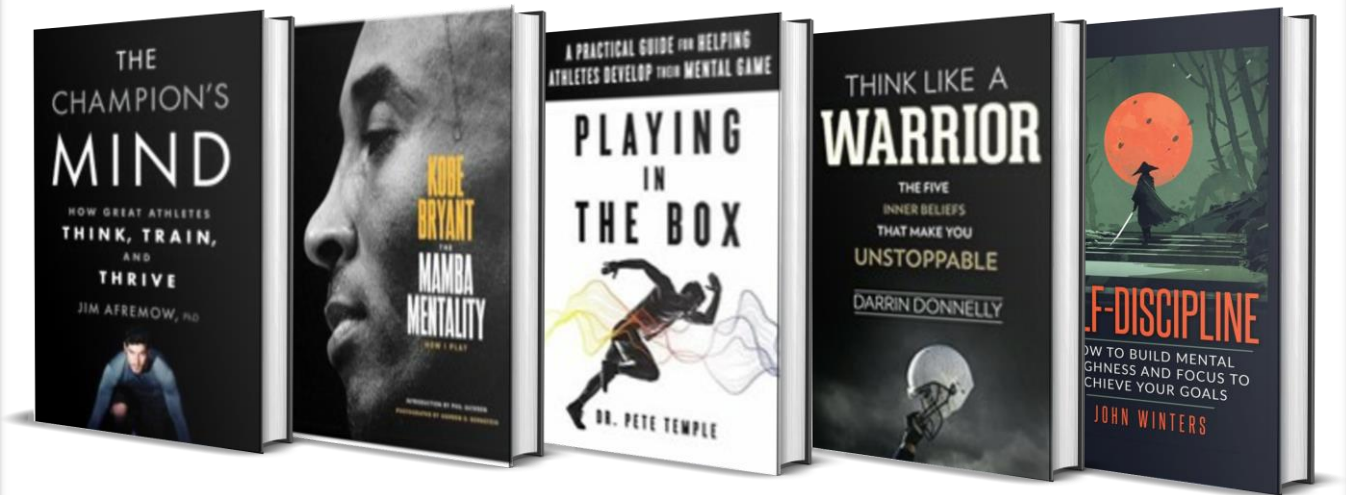


# *Recommended Reading List*



**Karen Simpson**  
Athlete, Nutrition Coach, and Holistic Health Counselor

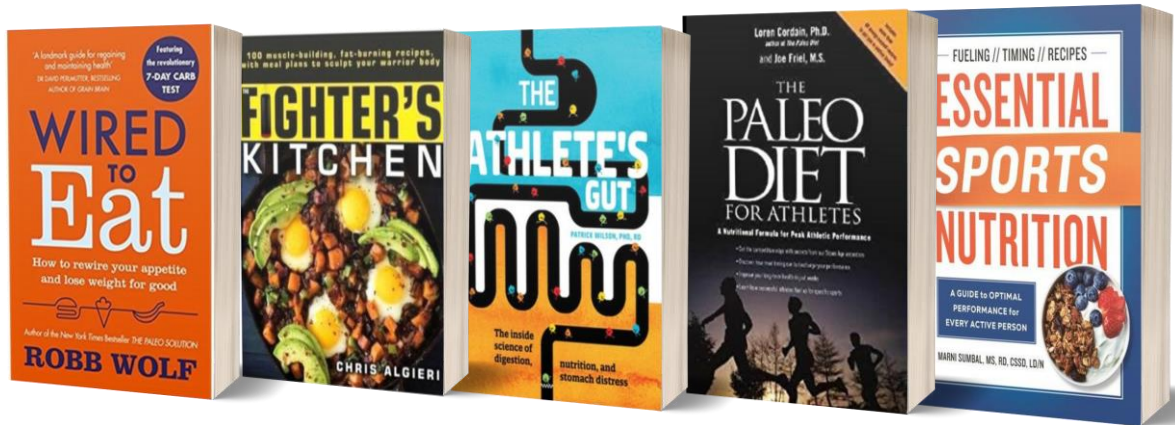
# Recommended Reading for: Mindset



Title	Author(s)	Synopsis
<a href="#"><u>The Champion's Mind: How Great Athletes Think, Train, and Thrive</u></a>	Dr. Jim Afremow	This book provides skills and strategies for training your mind to unleash its potential in your sport and be a winner in everyday life.
<a href="#"><u>The Mamba Mentality: How I Play</u></a>	Kobe Bryant	This inspirational book provides Kobe Bryant's personal perspective on what it took to be one of the most accomplished and celebrated athletes of all time.
<a href="#"><u>Playing in the Box: A Practical Guide for Helping Athletes Develop Their Mental Game</u></a>	Dr. Pete Temple	This book, written by a renowned sports psychologist, focuses on developing a successful mindset while competing and as pressure rises.
<a href="#"><u>Think Like a Warrior: The Five Inner Beliefs that Make You Unstoppable</u></a>	Darrin Donnelly	This best seller teaches you how to make mental shifts that will allow you to take control of your life and achieve your athlete dreams.
<a href="#"><u>Self-Discipline: How to build mental toughness and focus to achieve your goals</u></a>	John Winters	This book teaches the fundamentals of self-discipline and give you the tools to change your perspective that will results in lasting transformation.

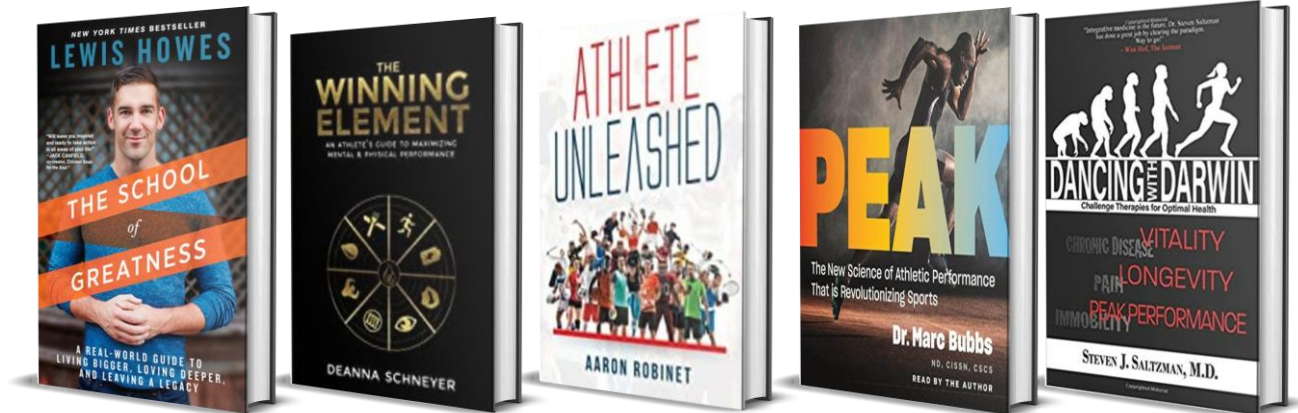
# Recommended Reading for:

## Nutrition



Title	Author(s)	Synopsis
<a href="#"><u>Wired to Eat: Turn Off Cravings, Rewire Your Appetite for Weight Loss and Determine the Foods That Work for You</u></a>	Robb Wolf	In this NYT Best Seller, Robb Wolf (former research biochemist and current health expert) writes about how we are genetically wired to eat specific foods that are often the opposite of the advice we've been given.
<a href="#"><u>The Fighter's Kitchen: 100 Muscle-Building, Fat Burning Recipes, with Meal Plans to Sculpt Your Warrior Body</u></a>	Chris Algieri	This recipe book provides 100 ways you can eat for fuel and use what you eat to accomplish body composition goals such as burning fat and building strong, lean muscles.
<a href="#"><u>The Athlete's Gut</u></a>	Dr. Patrick Wilson	This book is an incredible description of the role that the gut plays in health and athletic performance and equips readers with the strategies for improving the health of their gut.
<a href="#"><u>Paleo Diet for Athletes: The Ancient Nutritional Formula for Peak Athletic Performance</u></a>	Loren Cordain & Joe Friel	The authors of this book teach readers how consuming specific foods that the body was designed to eat can reduce inflammation and improve physical performance.
<a href="#"><u>Essential Sports Nutrition: A Guide to Optimal Performance for Every Active Person</u></a>	Marni Sumbal	This book teaches athletes of all ages the essential role that nutrition plays in elevating performance on and off the field. The author reveals what foods to eat and the timing of eating in order to optimize performance.

# Recommended Reading for: Holistic Health



Title	Author(s)	Synopsis
<a href="#">The School of Greatness: A Real-World Guide to Living Bigger, Loving Deeper and Leaving a Legacy</a>	Lewis Howes	This life-changing book shares essential tips and habits gathered from people considered to be “masters of greatness”. This strategy provides tools, knowledge and actionable resources you need to reach your potential.
<a href="#">The Winning Element</a>	Deanna Schneyer	This book serves as a guide for athletes to achieve success in their sport and life through a combination of actions that work for each individual person.
<a href="#">Athlete Unleashed</a>	Aaron Robinet	In this book, the author guides readers through a journey to eliminate limiting beliefs standing in the way of success such as: fear, anger, and doubt.
<a href="#">Peak: The New Science of Athletic Performance That is Revolutionizing</a>	Dr. Marc Bubbs	In this book, the author provides a framework for long-lasting success by bringing together health, nutrition, and exercise.
<a href="#">Dancing with Darwin</a>	Dr. Steven Saltzman	This book challenges athletes by presenting strategies that push them outside of their comfort zone.



# Recommended Reading for: Daily Habits



Title	Author(s)	Synopsis
<a href="#"><u>Athlete Habits: 8 Fundamental Habits that Elite Athletes Cultivate to Reach and Maintain Success</u></a>	Hadley Mannings	This book inspires athletes of all levels who want to improve their abilities and perform better in their sport and provides habits that elite athletes use to reach and maintain success.
<a href="#"><u>Own the Day, Own Your Life</u></a>	Aubrey Marcus	The author of this book teaches readers how to get the most out of the human mind and body daily with small, actionable changes that become part of lifelong healthy choices.
<a href="#"><u>Old School Grit: Times May Change but the Rules for Success Never Do</u></a>	Darrin Donnelly	In this book, the author guides readers through a journey to eliminate limiting beliefs standing in the way of success such as: fear, anger, and doubt.
<a href="#"><u>The Talent Code: Greatness isn't born it's grown</u></a>	Daniel Coyle	Daniel Coyle teaches us how we can all achieve our full potential if we train our brains in the correct way through deep practice involving short bursts of energy to correct errors.
<a href="#"><u>The Slight Edge</u></a>	Jeff Olson	This book provides an easy-to-follow framework that shows readers how to create powerful results from simple daily activities using tools that you already have access to.