

Resources

Recommended by the Potentials team and Affiliates.

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Coaching

David B. Drake, Narrative Coaching: The Definitive Guide to Bringing New Stories to Life

Paperback: <https://amzn.to/3UK0ufd>

Kindle: <https://amzn.to/3WJIUu8>

Whitney Johnson, "Disrupt Yourself," *Harvard Business Review*, 22 August 2011

Book, 2015: <https://amzn.to/4aofdll>

Book, 2019: <https://amzn.to/3V3WSpN>

Audible: <https://amzn.to/4bkVwfW>

Kindle: <https://amzn.to/3K6yiOu>

Nancy Kline, Time to Think: Listening to Ignite the Human Mind

Audible: <https://amzn.to/4bGJPA4>

Book: <https://amzn.to/3V2ilcV>

Kindle: <https://amzn.to/3K1AnLM>

More Time to Think

Audible: <https://amzn.to/4bDIWbb>

Paperback: <https://amzn.to/3wupM93>

Kindle: <https://amzn.to/3ykqo1A>

TWO BOOK SET

<https://amzn.to/3K7DLVr>

Mark Thienes, Gapology

Audible: <https://amzn.to/3WOqLLR>

Paperback: <https://amzn.to/4bHGSPK>

Kindle: <https://amzn.to/3WIUxS8>

John Blakely and Ian Day, Challenging Coaching, a practical and pragmatic approach focusing on Feedback, Accountability, Courageous goals, Tension and Systems thinking.

Audible: <https://amzn.to/3QNxDp0>

Paperback: <https://amzn.to/3QNxEJA>

Kindle: <https://amzn.to/3QNxEJA>

Good article: <https://carlyanderson.com/how-realistic-is-it-to-do-pure-coaching>

Amanda Blake, Your Body is Your Brain

Book: <https://amzn.to/3UHAIlw>

Audible: <https://amzn.to/44N6AA8>

Kindle: <https://amzn.to/3ypuiGt>

David McRaney, How Minds Change

Audible: <https://amzn.to/3yoJtQb>

Book: <https://amzn.to/3ynlOzt>

Kindle: <https://amzn.to/4ao6Wht>

Systems

William Bridges, Managing Transitions: Making the Most of Change

Book: <https://amzn.to/44IEBBg> or <https://amzn.to/3QNayCY>

Kindle: <https://amzn.to/44NHzeJ>

Bridges & Bridges, Making Sense of Life's Changes

Audible: <https://amzn.to/4bGM4Du>

Book: <https://amzn.to/3QONvYf>

Kindle: <https://amzn.to/3wO7Yph>

Leo Lionni, Little Blue and Little Yellow, children's book useful for consolidating churches

Paperback Book: <https://amzn.to/3WJE28t>

Boad Book: <https://amzn.to/3QJLqNp>

Michael Jr. "Know Your Why": <https://www.youtube.com/watch?v=1ytFB8TrkTo>

Monica McGoldrick, many books on family systems, genograms, power dynamics book.

Karen Walrond, The Lightmaker's Manifesto: How to Work for Change Without Losing Your Joy

Book: <https://amzn.to/4bknHM1>

Audible: <https://amzn.to/4auGNO1>

Kindle: <https://amzn.to/4akzj01>

Walrond & Tantor, Radiant Rebellion: Reclaim Aging, Practice Joy & Raise a Little Hell

Audible: <https://amzn.to/3QPoe0h>

Book: <https://amzn.to/3UYPPzv>

Kindle: <https://amzn.to/3V2s9cp>

Sharon Wegscheider-Cruse: many books on families, couples, roles based on birth order



Individual

Peter Attia, Outlive

Audible: <https://amzn.to/3V2UijA>

Book: <https://amzn.to/3QLXptB>

Kindle: <https://amzn.to/3WPzkapl>

Jay Early, Self-Therapy

Audible: <https://amzn.to/44HNFGP> (second edition)

Audible: <https://amzn.to/3wGQH1p> (Original)

Book: <https://amzn.to/4bmqp3> (3rd edition)

Kindle: <https://amzn.to/3V4FpNV>

Book: <https://amzn.to/3WI2DdK> (2nd edition)

Fynn, Mister God, This is Anna

Book: <https://amzn.to/4aqWlwO>

Abraham Joshua Heschel, The Sabbath

Audible: <https://amzn.to/3V4c7yE>

Book: <https://amzn.to/4dGHuXA> (1951) or <https://amzn.to/3wuFQYq> (2003)

Kindle: <https://amzn.to/3QPNUd6>

Kristin Neff, Self-Compassion

Audible: <https://amzn.to/4bD7tgG>

Paperback: <https://amzn.to/4bj1oGv>

Kindle: <https://amzn.to/3QPJjrd>

Neff et al, Fierce Self-Compassion

Audible: <https://amzn.to/4bxVJfC>

Book: <https://amzn.to/3yi7Cra>

Kindle: <https://amzn.to/4bJcww5>

Neff et al, Self-Compassion Step by Step

Audible: <https://amzn.to/3UHQtiE>

Audio CD: <https://amzn.to/3ysUdwT>

Neff, The Science of Mindfulness and Self-Compassion

Audible: <https://amzn.to/4atQ9tn>

Neff, The Yin and Yang of Self-Compassion: Cultivating Kindness and Strength in the Face of Difficulty

Audible <https://amzn.to/3V5IheB>

Audio CD: <https://amzn.to/4bFv6VV>

Neff, Compassionate Body Scan

Audible: <https://amzn.to/3ymt12Z>

website/activities

<https://self-compassion.org/>

Carolyn G. Heilbrun, Writing a Woman's Life

Book: <https://amzn.to/3V2bbLe>

Leadership

Simon Sinek, Start With Why: How Great Leaders Inspire Everyone to Take Action

Audible: <https://amzn.to/3V5IMEI>

Book: <https://amzn.to/4blCB4q>

Kindle: <https://amzn.to/3yy1Im2>

Sinek, The Infinite Game

Audible: <https://amzn.to/3wtXqf7>

Book: <https://amzn.to/451yU1P>

Kindle: <https://amzn.to/4bmbo1v>

Sinek, Leaders Eat Last: Why Some Teams Pull Together and Others Don't

Audible: <https://amzn.to/3V2rql>

Book: <https://amzn.to/3K86VUp>

Kindle: <https://amzn.to/3ULOUA7>

Study Guide: <https://amzn.to/3QQdHlf>

Sinek, Find Your Why

Audible: <https://amzn.to/3WFhiXh>

Book: <https://amzn.to/3QKdKzd>

Kindle: <https://amzn.to/3K6DcuV>

Sinek, Follow the Leader – A Collection of the Best Lectures on Leadership

Audible: <https://amzn.to/4apXiyQ>

THREE BOOK SERIES: Start With Why, Leaders Eat Last and Find Your Why

Three books: <https://amzn.to/3WfygA5>

FOUR BOOK SERIES: The Infinite Game, Start With Why, Leaders Eat Last & Find Your Why

Four books: <https://amzn.to/4aiWPe0>

Sinek, on the power of knowing your “why”: https://www.youtube.com/watch?v=u4ZoJKF_VuA

Shane Snow, Dream Teams: Working Together Without Falling Apart

Audible: <https://amzn.to/3WHOCxa>

Book: <https://amzn.to/3K3y1Mf>

Kindle: <https://amzn.to/3QMqXaQ>

Robert Kegan and Lisa Lahey, Immunity to Change: How to Overcome it and Unlock the Potential for Yourself and Your Organization

Book: <https://amzn.to/3K6Fyu0>

Audible: <https://amzn.to/4dMviV9>

Kindle: <https://amzn.to/4dlUvQp>

Adam Grant, Give and Take: Why Helping Others Drives Our Success

Audible: <https://amzn.to/3UNmHsC>

Book: <https://amzn.to/4dKsl24>

Kindle: <https://amzn.to/3K3FAmi>

Grant, Originals: How Non-Conformists Move the World

Book: <https://amzn.to/4bYNZDB>

Audible: <https://amzn.to/3V3usfu>

Kindle: <https://amzn.to/3QPEcr8>

Grant, Think Again: The Power of Knowing What You Do Not Know

Audible: <https://amzn.to/3V2aNwn>

Book: <https://amzn.to/44N8wZg>

Kindle: <https://amzn.to/3V79YIO>

Grant, Hidden Potential: The Science of Achieving Greater Things

Audible: <https://amzn.to/4bmcASP>

Book: <https://amzn.to/4bikdK3>

Kindle: <https://amzn.to/3yy2Xlc>

TWO BOOK Collection: Originals & Give & Take

TWO BOOKS: <https://amzn.to/3V2uhAT>

THREE BOOK COLLECTION: Think Again, Give & Take, Originals

THREE BOOKS: <https://amzn.to/3QPy9Tk>

Charles Feltman, The Thin Book of Trust

Book: <https://amzn.to/4bgyq7B>

Kindle: <https://amzn.to/3yplK17>

Stacey Abrams, Lead from the Outside: How to Build for Your Future and Make Real Change

Audible: <https://amzn.to/4dLjtKm>

Book: <https://amzn.to/3V0tMYe>

Kindle: <https://amzn.to/3ynzQkP>

Brené Brown's *Dare to Lead* podcast her website (transcripts also there)

with Aiko Bethea and Ruchika Tulshyan: 24 and 31 October 2022

- “The Heart of Leadership,” diversity, inclusion, example from Brown’s organization

with Charles Feltman: 4 October 2021

- “Trust: Building, Maintaining and Restoring It”

with Adam Grant and Simon Sinek: 3 and 10 October 2022

- “What’s Happening at Work?”

with Linda Hill: 18 April 2022

- “Leading with Purpose in the Digital Age”

with Priya Parker: 17 and 24 May 2021

- “How We Return and Why it Matters,” “A Meeting Makeover”

with Scott Sonenshein: 11 April 2022

- “Why We’ll Never Be the Same (and Why It’s Time to Talk About It).” Task vs. personal conflict; particularly easy to move from task to personal conflict online.

With Dr. Donald and Charlie Sull: 7 March 2022

- “How Toxic Work Cultures Are Driving the Great Resignation”

with Ruchika Tulshyan and Jodi-Ann Burey: 11 October 2021

- “Imposter Syndrome”
-

Janet Geringer Woititz, [Home Away from Home](#), family systems, birth order, and ACOA

Steve Zuieback: Regenerative leaders, below-the-green line theory. <https://stevezuieback.com>.

Priya Parker, [The Art of Gathering: How We Meet and Why it Matters](#)

Book: <https://amzn.to/4boydlw>

Audible: <https://amzn.to/44RhTY2>

Kindle: <https://amzn.to/3yAVWjy>

Resources for Understanding Racial Trauma

Aiko Bethea

Ibram X. Kendi, How to Be an Antiracist,

Audible: <https://amzn.to/3WG7RH7>

Book: <https://amzn.to/3ynZB4j>

Kindle: <https://amzn.to/3K7nSyb>

Kendi, Stamped from the Beginning

Audible: <https://amzn.to/4bFV6jR>

Book: <https://amzn.to/4dMTAhW>

Kindle: <https://amzn.to/3wJNHRV>

Remix of the original: <https://amzn.to/3yfUIKv>

Resmaa Menakem, My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies

Audible: <https://amzn.to/3K5nO1P>

Book: <https://amzn.to/44MSiiB>

Kindle: <https://amzn.to/44PSD47>

Clint Smith, How the Word is Passed: A Reckoning with the History of Slavery Across America

Audible: <https://amzn.to/3ygJbdW>

Book: <https://amzn.to/3K5gEL2>

Kindle: <https://amzn.to/3QLLOuz>

Tricia Hersey, Rest is Resistance: A Manifesto

Audible: <https://amzn.to/4aqdxZ5>

Book: <https://amzn.to/4bDSm6l>

Kindle: <https://amzn.to/3QQqRiu>

Thandeka, Learning to be White.

Book: <https://amzn.to/3wsejH6>

Dr. Joy DeGruy, Post Traumatic Slave Syndrome

Book: <https://amzn.to/4bYYaYP>

Hardcover, Revised Edition: <https://amzn.to/3QMONNb>

Study Guide: <https://amzn.to/3wsewdm>

Richard Rothstein, The Color of Law

Book: <https://amzn.to/4bmm6Fx>

Hardcover: <https://amzn.to/3WID3Fu>

Audible: <https://amzn.to/3ypJiUJ>

Kindle: <https://amzn.to/4dOTFS3>

Claude M. Steele, Whistling Vivaldi: How Stereotypes Affect Us and What We Can Do

Audible: <https://amzn.to/4awL3Nm>

Paperback: <https://amzn.to/3ULLUnj>

Reprint Edition: <https://amzn.to/4dFkw2V>

Kindle: <https://amzn.to/4dKBqx4>

Audible: <https://amzn.to/3K8Eh5o>

James Cone, The Cross and the Lynching Tree

Book: <https://amzn.to/3wsfbLS>

Study Guide: <https://amzn.to/3V0thxc>

Audible: <https://amzn.to/44PD38O>

Isabel Wilkerson, Caste: The Origins of Our Discontent

Audible: <https://amzn.to/3yfWZ8v>

Paperback: <https://amzn.to/3yn3Vkx>

Study Guide: <https://amzn.to/3wAq5PD>

Nikole Hannah-Jones, The 1916 Project

Audible: <https://amzn.to/4bnt5he>

Hardcover: <https://amzn.to/4bn3jd3>

Paperback: <https://amzn.to/3V47u7S>

Study Guide: <https://amzn.to/4dFlhJi>

Kindle: <https://amzn.to/44Rit8a>

Chichi Agorom, The Enneagram for Black Liberation

Audible: <https://amzn.to/44I7IKF>

Hardcover: <https://amzn.to/3QP48my>

Kindle: <https://amzn.to/4dMUK6l>

bell hooks, Teaching Community

Book: <https://amzn.to/3QP4tpk>

Kindle: <https://amzn.to/44NEYKW>

hooks, All about Love: New Visions

Audible: <https://amzn.to/4bYZXNx>

Book: <https://amzn.to/3wxykMq>

Kindle: <https://amzn.to/3yqkP1t>

hooks, Teaching to Transgress

Audible: <https://amzn.to/4dI0QLW>

Book: <https://amzn.to/44PO89U>

Kindle: <https://amzn.to/44Q5ROj>

hooks, Trilogy: Teaching to Transgress. Teaching Critical Thinking, & Teaching Community

THREE BOOKS: <https://amzn.to/3UNSRV1>

hooks, Writing Beyond Race

Book: <https://amzn.to/3ykrIRP>

Kindle: <https://amzn.to/4bpaWj5>

hooks, Yearning: Race, Gender and Cultural Politics

Audible: <https://amzn.to/4bIBLF6>

Book: <https://amzn.to/3QRv999>

Kindle: <https://amzn.to/3K7uMn7>

Ruchika Tulshyan, Inclusion on Purpose: An Intersectional Approach to Creating a Culture of Belonging at Work

Audible: <https://amzn.to/44SK0G7>

Hardcover: <https://amzn.to/4bBufFy>

Kindle: <https://amzn.to/3V1athu>

Resources for Grief

For Adults: Grief And Journeying Through Loss

Anne M. Brooks, The Grieving Time: A Year's Account of Recovery from Loss

Paperback: <https://amzn.to/44JLhiG>

Kahlil Gibran, "On Death" <https://poets.org/poem/death>

Roland B. Gittelson, "We Will Remember Them"

Barbara Karnes, Gone from My Sight, hospice booklet about the physiological phases of death, <https://bkbooks.com/collections/booklets/products/gone-from-my-sight-the-dying-experience?variant=36961181171868>

Karnes, The Eleventh Hour

Booklet: <https://amzn.to/4bDMZEy>

Elizabeth Kubler-Ross, To Live Until We Say Goodbye

Kindle: <https://amzn.to/4arvw17>

Paperback: <https://amzn.to/4dKZgJ0>

Kübler-Ross & Kessler, On Grief and Grieving

Audible: <https://amzn.to/3wLXeaX>

Paperback: <https://amzn.to/3wDKSle>

Kübler-Ross & Kessler, Life Lessons: The Mysteries of Life and Living

Audible: <https://amzn.to/3UJt14y>

Kübler-Ross, Death: the Final Stage of Growth

Paperback: <https://amzn.to/44lsd4v>

Kindle: <https://amzn.to/3WMCmeA>

Sherwin B. Nuland, How We Die

Audible: <https://amzn.to/3V2qROy>

Paperback: <https://amzn.to/44Jvi4g>

Kindle: <https://amzn.to/44P2iMy>

C.S. Lewis, A Grief Observed

Study Guide: <https://amzn.to/3QKsOwL>

Paperback: <https://amzn.to/4bFoJC6>

Kindle: <https://amzn.to/4bG7Yqf>

Nancy L. Mace and Peter V. Rabins, The 36 Hour Day (Alzheimer disease and other dementias)

Audible: <https://amzn.to/4bB6WfP>

Paperback: <https://amzn.to/4bmqF2D>

Kindle: <https://amzn.to/3UIkEpH>

Dr. Raymond Moody, Life after Life

Audible: <https://amzn.to/3UluEiJ>

Paperback: <https://amzn.to/3WRyfO2>

Kindle: <https://amzn.to/3ULZkzH>

Moody, Proof of Life After Life

Audible: <https://amzn.to/3QRdRsS>

Paperback: <https://amzn.to/3UCUBjC>

Kindle: <https://amzn.to/3yoradO>

Henri J.M. Nouwen, In Memorium (out Of print)

Henri Nouwen & Barbara Brown Taylor, A Sorrow Shared

Book: <https://amzn.to/4dUozbY>

John O'Donahue, "For Grief" in To Bless the Space Between Us: A Book of Blessings (p.117)

Mary Oliver, "Heavy"

Jan Richardson, The Cure for Sorrow: A Book of Blessings for Times of Grief

Paperback: <https://amzn.to/4dKysZr>

Kindle: <https://amzn.to/3wGfuCQ>

Hardcover: <https://amzn.to/3QJlcJx>

Oliver Sacks, Gratitude: Essay

Audible: <https://amzn.to/4bnFwJY>

Hardcover: <https://amzn.to/4bsi3HS>

Kindle: <https://amzn.to/3K5kAeY>

Henry VanDyke, "The Ship" <https://allpoetry.com/gone-from-my-sight>

Grief: for Children:

Tomie DiPaola, Nana Upstairs, Nana Downstairs

Audible: <https://amzn.to/3USHefE>

Paperback: <https://amzn.to/3K6xZDk>

Kindle: <https://amzn.to/3K69KVZ>

Miska Miles, Annie and the Old One

Paperback: <https://amzn.to/44MLLEP>

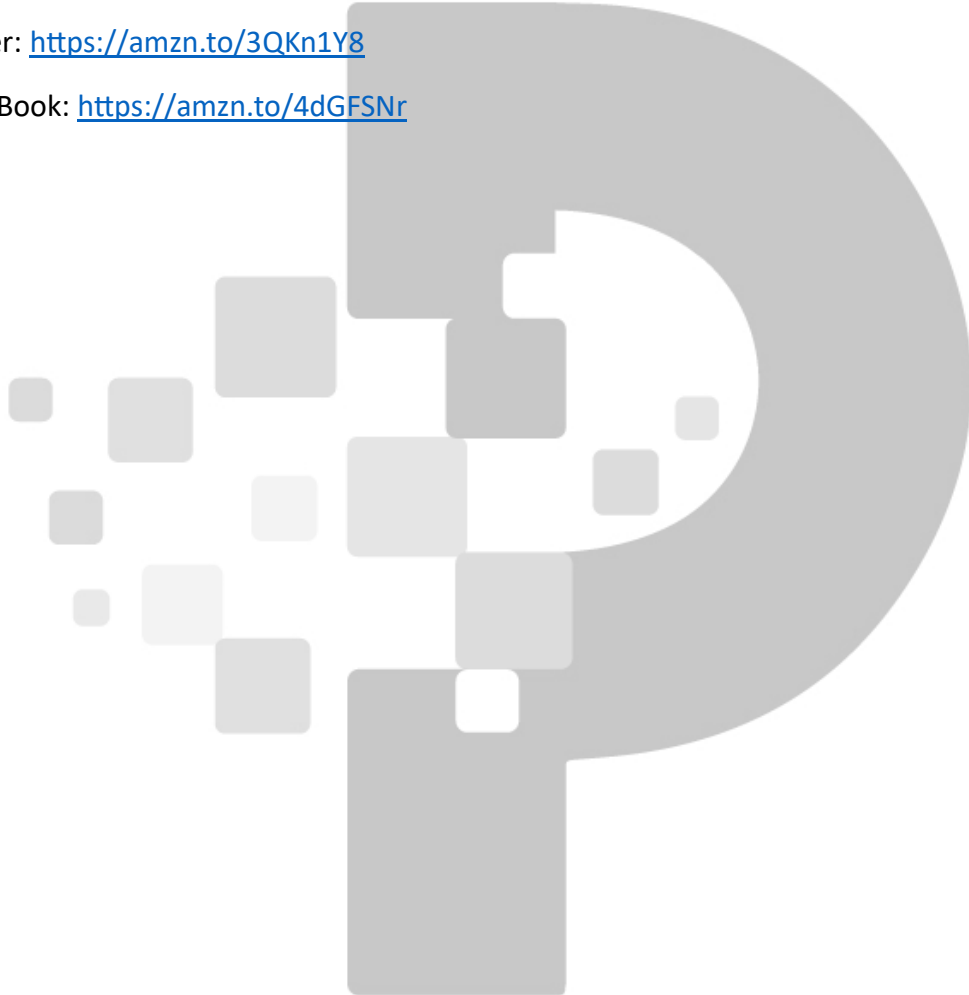
Study Guide: <https://amzn.to/3ylDdbQ>

Doris Stickney, Waterbugs and Dragonflies

Pamphlet: <https://amzn.to/3UCVcSo>

Hardcover: <https://amzn.to/3QKn1Y8>

Coloring Book: <https://amzn.to/4dGFSNr>



Resources for Recovery

Jamie Marich, Trauma and the 12 Steps

Paperback: <https://amzn.to/4dBoF82>

Kindle: <https://amzn.to/3K8wMvr>

Jeff Munn, Staying Sober without God

Audible: <https://amzn.to/3yrPThy>

Paperback: <https://amzn.to/3V3WnvK>

Kindle: <https://amzn.to/3wCr3uK>

EZ Big Book of Alcoholics Anonymous: Same Message Easy Language

Audible: <https://amzn.to/3UZGA0V>

Paperback: <https://amzn.to/3Vec6lV>

Kindle: <https://amzn.to/4bgN2X4>

Serge Prengel, Proactive 12 Steps

Paperback: <https://amzn.to/3wM9pVd>