

Additional Recommended Reading

In addition to the articles and book mentioned on the information sheet you may also be interested in the following reading material:

- Learned Optimism: How to change your mind and your life by Martin E. P. Seligman ISBN: 978-1-400-07839-4 (includes many simple techniques and explains how to break an “I give up” habit).
- Outliers by Malcolm Gladwell ISBN: 978-0-14103-625-0 (examples of successful people from all walks of life and how their success is based on hard work and opportunity rather than talent).
- Feel the Fear and do it Anyway by Susan Jeffers ISBN: 978-0-09190-707-5
- How Children Succeed by Paul Tough ISBN: 978-1-84794-711-6