



Reading Guide for “Getting Out of Your Own Way”

“Coaching to the Human Soul” (Volumes I-III) by Alan Sieler – a comprehensive summary of the ontological approach

“Embracing Your Inner Critic” by Hal Stone and Sidra Stone – an exploration of our many ‘selves’ and how we might come to terms with our inner critic in order to harness the gifts of focus, discipline, authority and conscience

“Finding Your Own North Star” by Martha Beck – how to navigate the complex emotions of personal transformation

“How Emotions are Made” by Lisa Feldman Barrett – a contemporary look at the science of emotion

“In Over Our Heads” by Robert Kegan – navigating the challenges of modern life through the lens of adult development theory and how to continue your own evolution

“Learned Optimism” by Martin Seligman – how to overcome pessimistic thinking, by the founder of positive psychology

“Mindset” by Carol Dweck – the psychological basis of being a learner, described as the difference between a ‘fixed mindset’ and a ‘growth mindset’ (TED talk: [The Power of Believing that You Can Improve](#))

“Self-Esteem” by Matthew McKay and Patrick Fanning – cognitive techniques for disarming the inner critic, developing self-compassion and dealing with the ‘tyranny of shoulds’

“The Gifts of Imperfection” by Brené Brown – practical strategies for embracing vulnerability and overcoming shame in order to live a more authentic (wholehearted) life (TED talk: [The Power of Vulnerability](#))

“The Mandala of Being” by Richard Moss – the power of awareness and where we go when we are not present

“The Places that Scare You” by Pema Chödrön – a contemporary Buddhist approach to living fearlessly

“The Untethered Soul” by Michael Singer – an illuminating guide to your inner world and how to liberate yourself from negative patterns of thinking through mindfulness meditation

“The Wander Society” by Keri Smith – some practical activities to help you cultivate curiosity through ‘wandering’

“The War of Art” by Steven Pressfield – how to overcome ‘Resistance’ in order to manage procrastination or self-sabotage

“The Wisdom of Insecurity” by Alan Watts – an Eastern approach on how to relax into ‘not knowing’