

Books discussed in the Elite Energy Workshop

- The Checklist Manifesto: How to Get Things Right by Atul Gawande
- Man's Search for Meaning by Viktor E. Frankl
- Areté: Activate Your Heroic Potential by Brian Johnson
- Why We Sleep by Matthew Walker, PhD
- Brain Energy by Christopher Palmer, MD
- Bright Line Eating by Susan Peirce Thompson, PhD
- Outlive by Peter Attia, MD
- Breath by James Nestor
- The Willpower Instinct by Kelly McGonigal, PhD
- Think Like a Monk: Train Your Mind for Peace and Purpose Every Day by Jay Shetty
- Loving What Is by Byron Katie
- The ONE Thing: The Surprisingly Simple Truth About Extraordinary Results by Gary Keller and Jay Papasan
- Tiny Habits: The Small Changes That Change Everything by BJ Fogg PhD
- Flourish by Martin Seligman

All of those books contain a lot of theory!

If you want more wisdom in less time, then scan this QR code to get two weeks on the Heroic App for free. This app has summary notes on each of these books. The app also has a lot of features to help you create new habits and track them on a daily basis.



If you download the app, send me an email, and in the title put: "I downloaded the Heroic App. Now, what do I do?" and I'll send you a few short videos on how to get started.

If you want more practice to get to mastery... It's good to have a coach!

If you email me with the phrase "Arete Coaching" in the subject line, I would be happy to discuss how I have helped others be accountable and commit to and consistently hit their daily protocols to achieve their Energy, Work, and Relationship identities.

