

# EXPLORE YOUR ENTHUSIASM

## EPISODE 192: WHAT I'VE BEEN READING

Monthly reading updates are back!

I'm going to start sharing, every month, the books I am reading and loving and the ones that are most impacting my business, mindset and decision-making!

Last year I read 70+ books and in 2015 and 2016, I read over 100 each year.

And for those 3 years I have reported in on my reading every month, in a blog post. But I kinda accidentally stopped, in July of 2017. There was no real reason, I just kept forgetting to do the blog post! I polled y'all on Instagram (are you following me on [Instagram](#)? If not, go do it - you get to vote on everything from I talk about on the podcast to watch on my Netflix queue!) - and you said you wanted me to go back to sharing my weekly list and you preferred me to do in an audio/video format. So that's what we'll do - 1 podcast a month on BOOKS. You can find allllll of my other reading posts and what i've been reading for the last 3 years [right here](#).

So today I'm not going to cover January's books, I'm actually going to go back and catch up on my favorite books since July, the last time I wrote about it!

- ★ [The Slight Edge](#) by Jeff Olson - I talk more about applying this to your business in [episode 174](#)
- ★ [How Emotions are Made](#), by Lisa Feldman Berrett - I go into this one in more detail in [episode 183](#)
- ★ [The Last Best Cure: My Quest to Awaken the Healing Parts of My Brain and Get Back My Body, My Joy, and My Life](#), by Donna Nakazawa
- ★ [The Greatest Salesman in the World](#) by Og Mandino
- ★ [The Subtle Art of Not Giving a F\\*ck](#), by Mark Manson

All of these books are under \$20 and I highly recommend each one.

Do you have a book suggestions you think I should read? Come tell me on [Facebook](#)!

Do you like episodes like this where I cover a lot of books, or would you prefer me to go deeper into one book per episode, like I have with Slight Edge and How Emotions are Made? I'll put up a poll on [Instagram](#), so be sure you're watching my Stories!