

Kurt DuNard's

Recommended Reading/Media List

What we think about the most is what we become. Our thoughts are mostly influenced by the people around us, our environment, what we read, and the media (movies, radio, magazines, newspapers and TV). If what we think about the most is what we become, then it is imperative to choose those thought influencers with great care. We want to be around people who will believe in and encourage our success instead of telling us why it can't be done. We want to live in a vibrant community where people are routinely successful instead of out of work and on welfare. We want to read all about success and the ways and secrets to that success instead of novels about sadness, cruelty, and despair. We want to go to movies and watch TV programs that give a message of hope, positive ideas, and information instead of violence, stupidity and prurient thrills. The newspapers, magazines, and radio shows should all support the goals and ideas of our future self. Everything we think about should be aimed at creating a better life and a better future.

Now, all of the above is easier said than done. If we cruise through life without choosing our books and media with great care and just accept the books and media given us, then we are likely to be pretty negative. Negativity is a poison pill for failure. Being negative drains us of the energy needed for success. Our thoughts need to be ones that encourage

our dreams and goals. Our thoughts need to be uplifting, hopeful and cause us to believe that it is all possible. Watching the evening news is enough to make many just give up. That is not for you.



Because our culture seems to promote a negative attitude in so many people, many have found that they either must remove themselves from this influence or they must constantly inoculate themselves with success books, tapes, seminars, and other media. I have known individuals that everyone admired as completely successful positive people and then somehow they stopped reading their success books and started listening to talk "Hate" radio and totally lost their power and their success. What we put into our minds is more important than what we put into our stomachs. What we think about the most is serious business and we must be on constant guard against energy sappers and on the hunt for energy enhancers.

Many of the following titles are classics, timeless, and should be in everyone's library. Most people don't read anymore so if you want an easy way to beat the competition then simply read books in

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The Exceptional Life Coach

Helping you live the life
you were meant to live

your field or read books that will improve you as a human being. That habit of reading is always noticeable. Bosses notice, customers notice and you will notice that in unexplainable ways your life is starting to become exceptional.

The Secrets & Tools of Success

Exceptional Life: Living the Life You Were Meant to Live by Kurt DuNard, Crane Press, 2006, 800-745-6273.
www.cranepress.com

The Aladdin Factor: How to Ask for and Get Anything You Want in Life by Jack Canfield and Mark Victor Hansen. New York: Berkley, 1995.

The Success System that Never Fails by W. Clement Stone. Englewood Cliffs, NJ: Prentice-Hall, Inc., 1962.

Success through a Positive Mental Attitude by Napoleon Hill and W. Clement Stone. Englewood Cliffs, NJ: Prentice-Hall, Inc., 1977.

Think and Grow Rich by Napoleon Hill. New York: Fawcett Crest, 1960.

Napoleon Hill's Keys to Success: The 17 Principles of Personal Achievement edited by Matthew Sartwell. New York: Plume, 1997.

The 7 Habits of Highly Effective People by Stephen R. Covey. New York: Fireside/Simon & Schuster, 1989.

The Seven Spiritual Laws of Success by Deepak Chopra. San Rafael: Amber-Allen, 1994.

Unlimited Power by Anthony Robbins. New York: Simon & Schuster, 1986.

Peak Performance: Mental Training Techniques of the World's Greatest Athletes by Charles A. Garfield with Hal Z. Bennett. Los Angeles: Jeremy P. Tarcher, 1984.

Peak Performers: The New Heroes of American Business by Charles Garfield. New York: William Morrow and Company, 1986,

Financial Success The Dynamic Laws of Prosperity by Catherine Ponder. New York: DeVorss.

The Millionaire Next Door by Thomas J. Stanley and William D. Danko. New York: Pocket Books, 1996.

Rich Dad, Poor Dad by Robert Kiyosaki with Sharon L. Lecter. Paradise Valley, AZ: Tech Press, Inc., 1997.

Multiple Streams of Income by Robert G. Allen. New York: John Wiley & Sons, 2000.

Time Management and Getting Things Done First Things First by Stephen Covey, A. Roger Merrill and Rebecca R. Merrill. New York,: Simon & Schuster.

Entrepreneurial Success The E-Myth Revisited by Michael Gerber. New York: Harper Business, 1995.

1001 Ways to Reward Employees by Bob Nelson. New York: Workman Publishing, 1994.

The One Minute Manager by Kenneth Blanchard and Spencer Johnson. New York: Berkley Books, 1983.

Inspiration and Motivation Dare to Win by Jack Canfield and Mark Victor Hansen. New York: Berkley, 1994.

Good to Great: Why Some Companies Make the Leap... and Others Don't by Jim Collins, Collins, 2001.

The Road Less Traveled, 25th Anniversary Edition: A New Psychology of Love, Traditional Values, and Spiritual Growth by M. Scott Peck, Simon & Schuster; 25 Anniversary edition, 2002.

People of the Lie: The Hope for Healing Human Evil, by M. Scott Peck, Touchstone; 2nd edition, 1998.

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The Exceptional Life Coach

Helping you live the life
you were meant to live

The 4-Hour Workweek, by Timothy Ferriss,
Crown, 2007

**Shortcut to a Miracle: How to Change
Your Consciousness and Transform Your
Life**, By Michael C. Rann & Elizabeth Rann
Arrott, Jeffers Press, 2005

The Power of Your Subconscious Mind, by
Dr. Joseph Murphy, Reward Classics, 1963

The Master Key System, by Charles F.
Haanel, Kallisti Publishing, 2000

The Psychology of Winning, by Dennis
Waitley, Berkley, 1986

**Learned Optimism: How to Change Your
Mind and Your Life**, by Martin E. Seligman,
Vintage, 2006

The Power of Positive Thinking, By
Norman Vincent Peale, Fireside, 2007.

The Greatest Secret in the World, by Og
Mandino, Bantam, 1997

**The Mind Map Book: How to Use Radiant
Thinking to Maximize Your Brain's
Untapped Potential**, by Tony Buzan and
Barry Buzan, Plume, 1996

The Richest Man in Babylon, by George S.
Clason, Signet, 2004

As a Man Thinketh, by James Allen, The Peter
Pauper Press, 1959.

The Magic of Believing, by Claude M. Bristol,
Prentice-Hall, Inc., 1948.

Your Erroneous Zones, By Wayne Dyer,
Funk and Wagnalls, 1976.

I'm OK- You're OK, by Thomas A. Harris,
Funk and Wagnalls, 1967.

Psycho-Cybernetics, Maxwell Maltz, Prentice
-Hall, 1960

Man's Search for Meaning by Viktor E.
Frankl, Washington Square Press, 1963

Health and Energy

Ultimate Fit or Fat by Covert Bailey. Boston:
Houghton Mifflin Company, 2000

Successful Relationships With Family, Friends, and Colleagues

**Men Are From Mars, Women Are from
Venus: A Practical Guide for Improving
Communication and Getting What You
Want in Your Relationships** by John Gray,
Ph.D. New York: HarperCollins, 1993

**Personal Awareness, Human Potential,
Inner Peace and Spirituality Loving What
Is: Four Questions that Can Change Your
Life** by Byron Katie. New York: Harmony
Books, 2002.

**The Power of Now: A Guide to Spiritual
Enlightenment** by Eckhart Tolle. Novato, CA:
New World Library, 1999

**Don't Sweat the Small Stuff...and it's all
small stuff: Simple Ways to Keep the
Little Things From Taking Over Your Life**
by Richard Carlson. New York: Hyperion, 1997

The Six Pillars of Self-Esteem by Nathaniel
Branden. New York: Bantam, 1994.

Psychology of the Unconscious, by Carl
Jung

Additional Resources

For a more extensive up-to-date list of books in
all of these areas, go to www.iihp.com.

Movie or DVD Learning

The Secret (Extended Edition) (2006) by
Rhonda Byrne, Paul Harrington, Rev. Dr.
Michael Beckwith, and Neale Donald Walsch,
DVD - 2006

**The Polar Express (Full Screen Edition)
(2004)** by Tom Hanks, Leslie Harter Zemeckis,
Eddie Deezen, and Nona Gaye, DVD - Dec 26,
2005

Audio Learning

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The Exceptional Life Coach

Helping you live the life
you were meant to live

Nightingale-Conant www.nightingale.com
has programs by success gurus Tony Robbins,
Zig Ziglar, Brian Tracy, Jim Rohn, Napoleon
Hill, Robert Allen, Wayne Dyer, Ed Foreman,
Jack Canfield, Mark Victor Hansen, and many
others. Listen to these programs to learn and
program your subconscious to victory.

Some of Kurt's own programs that we highly recommend are:

- **The Exceptional Life Seminar**
- **The Exceptional Life Course**
- **The Exceptional Life Keynote**

Go to www.iihp.com to find out more, or contact
us at [email](mailto:800-745-6273) 800-745-6273.

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Kurt DuNard

Kurt DuNard, The Exceptional Life
Coach, is the author of
**[EXCEPTIONAL LIFE: Living the
Life You Were Meant to Live](#)**. High
achievers seek him out to pinpoint their
soul's goals, increase abundance, and
find more happiness and joy. If you
think you would also like these things,
then receive your FREE success tools
from Kurt DuNard now at
www.iihp.com.

Weekly Quote

No one is more illiterate as he who can
read and won't.

--Kurt DuNard

