

# **An Intentional Life: Recommended Books on Habits & Goals**

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## **Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones**

by James Clear

"You do not rise to the level of your goals. You fall to the level of your systems."

"If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change."

## **The Creative Habit: Learn It and Use It for Life**

by Twyla Tharp, Mark Reiter

"It takes skill to bring something you've imagined into the world: No one is born with that skill. It is developed through exercise, through repetition, through a blend of learning and reflection that's both painstaking and rewarding. And it takes time."

"Venturing out of your comfort zone may be dangerous, yet you do it anyway because our ability to grow is directly proportional to an ability to entertain the uncomfortable."

## **Don't Feed the Monkey Mind: How to Stop the Cycle of Anxiety, Fear, and Worry**

by Jennifer Shannon, Doug Shannon, Michael A. Tompkins

"The more expansive your mind-set is, the better you'll be able to handle all situations. You'll be able to approach new people, places, and things with more confidence. Your options widen. Your world grows bigger."

"We are all artists, practicing the art of living. What are the values that will inspire your practice?"

## **Burnout: The Secret to Unlocking the Stress Cycle**

by Emily Nagoski, Amelia Nagoski

"We thrive when we have a positive goal to move toward, not just a negative state we're trying to move away from."

"Wherever you are in your life, whether you're struggling in a pit of despair and searching for a way out, or you're doing great and want tools to grow mightier, you will find something important in these pages."

## **You Are a Badass®: How to Stop Doubting Your Greatness and Start Living an Awesome Life**

by Jen Sincero

"People who are successful are not only willing to get uncomfortable, but they know they have to make a habit of it if they want to stay successful. They keep moving through each new challenge instead of stagnating and settling. The muscle of kick-assery is like any other muscle—you have to use it or lose it."

"Start right now. You'll never be this young again."

# **An Intentional Life: More Books for Inspiration & Insight**

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## **You Belong: A Call for Connection**

by Sebene Selassie

## **Inward and Clarity & Connection**

Yung Pueblo

## **Silence: In the Age of Noise**

by Erling Kagge

## **The Body Is Not an Apology: The Power of Radical Self-Love**

by Sonya Renee Taylor

## **The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative**

by Florence Williams

## **Digital Minimalism: Choosing a Focused Life in a Noisy World**

by Cal Newport

## **Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked**

by Adam Alter