

Keepers

Favorite books from readers of The New Leaf™

This list is compiled from minimally edited voluntary contributions by readers of **The New Leaf** loosely sorted into categories. Multiple entries under a title indicate multiple recommendations. Titles marked with an asterisk have been recommended in **The New Leaf**. Opinions are those of the contributor and not of the editor or publisher of **The New Leaf** or of the staff of Shaboom, Inc.®

Art and Creativity

The Artist's Way*

Julia Cameron

<http://www.amazon.com/exec/obidos/ASIN/1585421464/mollygordonperso>

Every time I need a boost in my creative life, this is the book.

I recommend this book more often than any other. It is a twelve-week guide to accessing your creative gifts and making them a priority. The friend who recommended it to me was correct when she said, "It'll change your life if you let it."

It addressed difficult issues that we all face, whether we consider ourselves artists or not, such as perfectionism, procrastination, fear, etc. It is also full of concrete tools to assist readers/participants in creating lives they love and that are in accordance with who they really are.

A rare book about tapping into one's creative self through morning pages and artist's dates. It definitely clarifies one's consciousness.

I keep coming back to this book because it keeps me in touch with my creative spirit. I can lose sight in the daily to do of things and forget to stop and really feel the process of life's happenings.

Your Heart's Desire*

Sonia Choquette

<http://www.amazon.com/exec/obidos/ASIN/0609800116/mollygordonperso>

This has been a Bible to me over the years, a wonderful, practical, joyous guide to creating from your heart and watching your dreams come true.

Free Play: Improvisation in Life and Art*

Stephen Nachmanovitch.

<http://www.amazon.com/exec/obidos/ASIN/0874776317/mollygordonperso>

With chapters such as The Power of Mistakes and Vicious Cycles, I see how I can enter into the flow of my life. A major theme is using what shows up when it's not always what I may have planned and trusting the process. I'm a mother of 5, an educator and an artist and this book speaks to the heart of the creative journey of my life:)

Holy Moly Mackeroly: Reflections on the Business of Art and the Art of Life

Gloria Page

<http://www.amazon.com/exec/obidos/ASIN/0971890102/mollygordonperso>

About the author's experience creating a thriving art card making. Part memoir, part "how to," part self-help. I've read it over and over and always seem to find more inspiration in its page. I'd recommend this book as a MUST HAVE for anyone who wants to earn an income from his or her dream.

Business Books

Leading at the Speed of Growth

Katherine Catlin and Jana Matthews

<http://www.amazon.com/exec/obidos/ASIN/0764553666/mollygordonperso>

Small and power packed... Outlines the skills that are needed at various stages of a company and how those skills become problems as the firm grows. But it also gives you a roadmap for making the changes to manage at the next level.

The Business Side of Creativity: The Complete Guide for Running a Graphic Design or Communications Business

Cameron S. Foote

<http://www.amazon.com/exec/obidos/ASIN/039373093X/mollygordonperso>

Pricey, but invaluable. Not only advice about every facet of setting up and maintaining a profitable biz, but also sample contracts, work sheets, etc.

Navigating the Partnership Maze

Sarah Gerdes

<http://www.amazon.com/exec/obidos/ASIN/0071398236/mollygordonperso>

This book outlines the issues that need to be evaluated to create positive win-win partnerships that can benefit both parties. She gives timelines for how long it should take to reach various milestones when working with big companies, what various messages really mean, and how to move projects forward. This book is a real eye-opener for anyone who thinks it is easy to create partnerships.

Visual Explanations*

Edward Tufte

<http://www.amazon.com/exec/obidos/ASIN/0961392126/mollygordonperso>

The art of placement is at the center of this book. This textbook turns the art of design into the science of design. This book offers the best description on why design matters that I have ever seen. The examples in the book are extremely complex and give you many opportunities to go OH!

Why We Buy: The Science of Shopping

Paco Underhill

<http://www.amazon.com/exec/obidos/ASIN/0684849143/mollygordonperso>

This book is based on several years of research into the psychology of what influences a person to buy. While the majority of issues discussed are for brick and mortar stores—it is interesting both to use in observing why we as individuals react to specific types of stores and displays, but also in figuring out how our own clients make purchasing decisions.

Fiction & Poetry***The Valley of Horses***

Jean Auel

<http://www.amazon.com/exec/obidos/ASIN/0553250531/mollygordonperso>

The remarkable story of survival by a young woman on her own in prehistoric times (that, incidentally, turns into a terrific love story). How she dealt with grief, loss, and loneliness would absolutely make me stop feeling sorry for myself. I'd recommend it to anyone who thinks life is just too hard. Warning: not suitable for vegetarians. Contains explicit sex.

The Bridge Across Forever

Richard Bach

<http://www.amazon.com/exec/obidos/ASIN/0440108268/mollygordonperso>

A wonderful story about love, adventure and a belief that life is magic and what we make of it.

The ultimate love story—and a great reminder for someone who tends towards isolation, despite the soul's longing for union with loved ones. An enchanting writer and a true wordsmith.

Parable of the Sower* and *Parable of the Talents

Octavia E. Butler

<http://www.amazon.com/exec/obidos/ASIN/0446601977/mollygordonperso><http://www.amazon.com/exec/obidos/ASIN/0446675784/mollygordonperso>

Two books about change set in a post-nuclear world. The main character is a young African-American female who chooses to face change differently than others. She eventually develops a belief system that focuses on change as the one constant. At one point, she states "God is change..." These books are affirming, spiritual, and intensely interesting.

The Top 500 Poems

William Harmon, editor

<http://www.amazon.com/exec/obidos/ASIN/023108028X/mollygordonperso>

Even though I am a poet, I often forget the absolute necessity of poetry. Here are 750 years of the most-anthologized poems in the English language. I refer to this collection often for teaching, but find that it takes me to a place where I, myself, can be taught.

The House at Pooh Corner

A. A. Milne

<http://www.amazon.com/exec/obidos/ASIN/0525444440/mollygordonperso>

When life begins to feel frantic, I can always return to the simplicity of the 100-Acre Wood. The wisdom of Pooh and Piglet puts everything into perspective. (See also, Benjamin Hoff, ***The Tao of Pooh***)

<http://www.amazon.com/exec/obidos/ASIN/0140067477/mollygordonperso>***New and Selected Poems****

Mary Oliver

<http://www.amazon.com/exec/obidos/ASIN/0807068195/mollygordonperso>

This is a wonderfully accessible book of poems, most of which are based in nature. This book sustains me and supports me as I move through life. It is filled with lessons and comfort for the journey.

Zen and the Art of Motorcycle Maintenance

Robert Pirsig

<http://www.amazon.com/exec/obidos/ASIN/0553277472/mollygordonperso>

My generation's *On The Road*. It's a road trip filled with all sorts of philosophical musings about the meaning of language, knowledge, and even life. I usually read parts of it before I start out on a major journey.

The Fountainhead

Ayn Rand

<http://www.amazon.com/exec/obidos/ASIN/0451191153/mollygordonperso>

Trust in the individual and a passionate way of doing things.

Harry Potter series*

J.K. Rowling

Harry Potter and the Sorcerer's Stone (Book 1):

<http://www.amazon.com/exec/obidos/ASIN/0590353403/mollygordonperso>

Harry Potter and the Chamber of Secrets (Book 2):

<http://www.amazon.com/exec/obidos/ASIN/0439064864/mollygordonperso>

Harry Potter and the Prisoner of Azkaban (Book 3):

<http://www.amazon.com/exec/obidos/ASIN/0439136350/mollygordonperso>

Harry Potter and the Goblet of Fire (Book 4):

<http://www.amazon.com/exec/obidos/ASIN/0439139600/mollygordonperso>

Harry Potter and the Order of the Phoenix (Book 5):

<http://www.amazon.com/exec/obidos/ASIN/043935806X/mollygordonperso>

I find these books refreshing when my mind needs untangling. They are a delightful adventure, and point to deeper truth than meets the eye. (See also, John Granger, ***The Hidden Key to Harry Potter***

<http://www.amazon.com/exec/obidos/ASIN/0972322108/mollygordonperso>)***Lying Awake***

Mark Salzman

<http://www.amazon.com/exec/obidos/ASIN/0375706062/mollygordonperso>

A spare and lovely novel about a cloistered nun who finds out her experiences of the divine—the source of her inspirational and well-published poetry—are actually caused by epilepsy. This diagnosis triggers a crisis that has her questioning her chosen avocation, God's will, her writing ability, and her own faith in God. When I get too analytical or stuck in my head, I like having a book around that can pull right back into my emotions.

Secret Prey (actually any of the "Prey" series)

John Sandford

<http://www.amazon.com/exec/obidos/ASIN/0425168298/mollygordonperso>

Sandford writes heart-stopping mystery/thrillers. The hero, Lucas Davenport, is smart, confident, and competent. During an investigation, he can make all sorts of deals and arrangements that benefit everyone, but he still gets what he wants. Whenever I need a model for a "can-do" guy, I pick up *Secret Prey*.

Human Potential & Self Improvement

Self Defeating Behaviors

Milton Cudney, PhD and Robert Hardy, EdD.

<http://www.amazon.com/exec/obidos/ASIN/0062501976/mollygordonperso>

A guide to self-sabotaging behaviors, how to recognize them and work to alleviate them.

10 Secrets for Success and Inner Peace

Dr. Wayne Dyer.

<http://www.amazon.com/exec/obidos/ASIN/1561708755/mollygordonperso>

A general guide for living to one's potential and taking action to achieve it.

Women Who Run With the Wolves

Clarissa Pinkola Estés

<http://www.amazon.com/exec/obidos/ASIN/0345409876/mollygordonperso>

A dive into the female psyche.

The Dark Side of the Light Chasers

Debbie Ford

<http://www.amazon.com/exec/obidos/ASIN/1573227358/mollygordonperso>

A compassionate and gentle guide to embracing ALL of the aspects of our personalities—the goodness and light aspects as well as the darker, 'negative' emotions that many of us would like to suppress. The book is full of healing exercises that combine with the intent of making us not just better people, but whole, by embracing the gifts that are hidden within our entire range of emotions.

Excuse Me, Your Life Is Waiting

Lynn Grabhorn

<http://www.amazon.com/exec/obidos/ASIN/1571743812/mollygordonperso>

A great read about energy flow and positive focus. Very practical and easy to implement. And it truly works!!!!

Write It Down, Make It Happen

Henriette Anne Klauser

<http://www.amazon.com/exec/obidos/ASIN/0684850028/mollygordonperso>

Klauser makes a strong case for the power of writing as a way to fuel your creative engine. She provides numerous examples of people who put pen to paper and brought their visions into reality. She also describes what could be happening when your vision doesn't show up as penned. This book is useful even for those who don't consider themselves writers.

The Dance of Anger and The Dance of Intimacy

Harriet Goldhor Lerner

<http://www.amazon.com/exec/obidos/ASIN/0060913568/mollygordonperso><http://www.amazon.com/exec/obidos/ASIN/006091677X/mollygordonperso>

Written in the mid-80's, I've only just discovered these excellent resources. Lerner presents a way to honor the self and remain centered while communicating clearly in our most important relationships. This is not the "slash and burn" approach to anger and communication. Lerner advocates respect for all parties as we "change our steps" in the dances we do with others.

Mastery: They Keys to Success and Long Term Fulfillment*

George Leonard

<http://www.amazon.com/exec/obidos/ASIN/0452267560/mollygordonperso>

Drawing on Zen philosophy and the martial art of Aikido, this book concentrates on drawing strength and mastery from within.

When Anger Hurts: Quieting the Storm Within

Matthew McKay, PhD et al.

<http://www.amazon.com/exec/obidos/ASIN/0934986762/mollygordonperso>

What is learned can be unlearned. That is the key to anger. This book provides practical techniques and examples on how anger affects one's life and how to control the ever-burning fire.

Gift from the Sea*

Anne Morrow Lindbergh

<http://www.amazon.com/exec/obidos/ASIN/0679732411/mollygordonperso>

For times you want to lose your "old shell of a life" and change...the peace found in this book gently urges you on.

The Courage to Teach

Parker J. Palmer

<http://www.amazon.com/exec/obidos/ASIN/0787910589/mollygordonperso>

Substitute COACH for TEACHER and one could not ask for a more enlightening book on coaching. From one of America's greatest teachers.

Let Your Life Speak: Listening for the Voice of Vocation

Parker J. Palmer

<http://www.amazon.com/exec/obidos/ASIN/0787947350/mollygordonperso>

From the flyleaf: "Is the life I am living the same as the life that wants to live in me?" With this searching question, Parker Palmer begins an insightful and moving meditation on finding one's true calling. ...an openhearted gift to anyone who seeks to live authentically. (I gift this book to my clients.)

Timeshifting: Creating More Time to Enjoy Your Life

Stephan Rechtschaffen, M.D.

<http://www.amazon.com/exec/obidos/ASIN/0385483902/mollygordonperso>

I reread this from time to time and recommend it to others. Each time I read it, or portions of it, I come up with another aid in helping me to toy with time in my own life.

Grandfather's Blessings: Stories of Strength, Refuge, and Belonging

Rachel Remen, M.D.

<http://www.amazon.com/exec/obidos/ASIN/1573228567/mollygordonperso>

This is one of the most engrossing books on how to give selflessly to others, and lift up your own spirits in the process.

The Nature of Personal Reality

Jane Roberts

<http://www.amazon.com/exec/obidos/ASIN/1878424068/mollygordonperso>

The ultimate empowerment. We create our lives!

On Death and Dying

Elisabeth Kubler-Ross.

<http://www.amazon.com/exec/obidos/ASIN/0684839385/mollygordonperso>

A classic on the subject, but not only applicable for death. Although I've found this very comforting contemplating the death of my father, I've used it in times of depression and the stages are the same. I've found it very helpful.

Learned Optimism: How to Change Your Mind and Your Life*

Martin Seligman

<http://www.amazon.com/exec/obidos/ASIN/0671019112/mollygordonperso>

Not just feel-good, new agey advice. Grounded in sound science and with very compelling examples. For keeping going when the going is roughish.

Martin Seligman is the foremost expert on helplessness, hopelessness...AND the flip side—optimism and happiness...so his books tell us how we get pessimistic and proven ways we can become more reliant.

Money and Wealth***Simple Abundance** and *Something More***

Sarah Ban Breathnach

<http://www.amazon.com/exec/obidos/ASIN/0446519138/mollygordonperso><http://www.amazon.com/exec/obidos/ASIN/0446524131/mollygordonperso>

A daily reminder that “all we have is all we need,” and many practical tips for living that way and enjoying all the blessings life has to offer.

Love this book! “Become an artist of the everyday” has stuck with me for years.

The Energy of Money*

Maria Nemeth

<http://www.amazon.com/exec/obidos/ASIN/0345434978/mollygordonperso>

The most inner-centered guide to our relationship with money I have yet found. The lessons taught here are about more than just money.

You Were Born Rich

Bob Proctor

<http://www.amazon.com/exec/obidos/ASIN/0965626415/mollygordonperso>

I enjoy many of the personal development “heavyweights,” but Bob, to me, has a way of being reverent and irreverent at the same time. The real-world examples he uses to illustrate universal laws are very understandable and approachable. I guess to sum it up, he makes living as you desire seem so achievable.

The Soul of Money

Lynne Twist

<http://www.amazon.com/exec/obidos/ASIN/0393050971/mollygordonperso>

A very powerful perspective on money and how it can be put to use to meet our highest commitments to ourselves and humanity. I am finding it a great resource for coaching.

Parenting

123 Magic: Effective Discipline for Children 2-12

Thomas W. Phelan, Ph. D.

<http://www.amazon.com/exec/obidos/ASIN/0963386190/mollygordonperso>

How to have a calm family life and a discipline system for children that they actually like!

How to Raise a Child with a High EQ

Lawrence E. Shapiro, Ph.D.

<http://www.amazon.com/exec/obidos/ASIN/0060928913/mollygordonperso>

How to develop Emotional Intelligence in children and adults. Learn how to resolve conflicts, work within a group, solve problems, and face difficult situations with confidence.

Everyday Blessings

Jon and Myla Kabat Zinn.

<http://www.amazon.com/exec/obidos/ASIN/0786883146/mollygordonperso>

This is my life raft in parenting!

Spirituality

The Bible, especially Psalms, John's Gospel, Epistle to the Galatians

I love the Psalms for their emotion and raw honesty. These are songs of the soul speaking with the Divine and they range from exuberant praise to abject despair. The Gospel of the Beloved Disciple reads as if it were written between worlds. I love the other Gospels, but John's mystical resonance speaks to me the most deeply. I review Paul's letter to the Galatians periodically, when I need to be loosened up from rigid thinking.

God On A Harley

Joan L. Brady

<http://www.amazon.com/exec/obidos/ASIN/0671536214/mollygordonperso>

A spiritual fable and wonderful reminder about remaining authentic, balanced and unattached to "things." Wonderful inspiration for simplifying your life. I used to read it monthly while working in a corporation and find myself lending and gifting it to many friends. It is definitely a woman's book.

Anger: Wisdom for Cooling the Flames

Thich Nhat Hanh.

<http://www.amazon.com/exec/obidos/ASIN/1573229377/mollygordonperso>

Written by a Buddhist Monk and Peace activist, one of the best books on breaking down anger to its most spiritual level.

The Road Less Traveled*

M Scott Peck

<http://www.amazon.com/exec/obidos/ASIN/0671673009/mollygordonperso>

All the other content aside, it is worth keeping for the first line of the book: "Life is hard." ...It ranks right up there with the opening of "A Tale of Two Cities". And in a sense, the two are very similar.

The Four Agreements*

Don Miguel Ruiz.

<http://www.amazon.com/exec/obidos/ASIN/1878424319/mollygordonperso>

A series of books that at first read, seem so simple, but are so profound they must be read repeatedly. Once the message is ingrained, an incomparable guide for life on one's own terms.

Radical Forgiveness

Colin Tipping

<http://www.amazon.com/exec/obidos/ASIN/0970481411/mollygordonperso>

I have two copies: my lending copy and my own copy; I share it that much. A process that is often the key to overcoming roadblocks from the past that keep showing up in the present. A wonderful companion to the coaching process as it allows the client to fully indulge the "Victim" once and for all in the service of accepting and taking full responsibility.

Help Grow the Keepers List

Send the title, author, and a one or two sentences stating why a book is a keeper to keepers@mollygordon.com. Note: If you contributed a book and do not see it here, chances are that you did not include the author or a concise statement of why the book is a keeper. Please try again.

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