

# MY BOOK SHELF

When I started to make big changes in my mindset and life there was always a book in my bag or on my bedside table. I thought it would be nice to share some of my favourites with you, whether you're at the beginning of your personal development journey or just need a little motivational kick!

Love, Steph x

*Steph Archer*

THE PERFORMERS COACH



# MY RECOMMENDATIONS

\* You Are A Badass by Jen Sincero.

This will always be my number 1. I truly believe this book changed me and my clients will attest that I always recommend it, or send them a copy! And it's bright sunshiney yellow so you can't miss it!

\* Stop Saying You're Fine by Mel Robbins

I knew of Mel Robbins for her 5 second rule (also a great book) but this book hit me. How many times do we say we're fine? I didn't want to be fine, I didn't want to be average...I wanted to be brilliant and excited and passionate....this book helped me make a reset.

\* Manifest by Roxie Nafousi

This book is a 7 step guide to living in a higher vibe place to attract the things you'd like in your life. The writing is easy and fun, rather than being overcomplicated. It's a perfect book for any stage of your personal development adventure!

\* Secrets of the Millionaire Mind by T Harv Eker

Lets talk about money mindset... This book was a game changer for me. There is often a block when it comes to money and performers and this book really shifted a lot for me personally. If you're living with any fear around finances or have a scarcity mindset around money, this book is for you!

\* Daring Greatly by Brene Brown

I don't need any words for Dr Brene Brown. In my eyes she is one of the greatest teachers and leaders we could have. This book was my first discovery of her work, but I am also an avid listener of her Podcasts and would recommend anything with her name on it!

Other authors or speakers I'd recommend tuning into -

Tony Robbins

Gabriella Bernstein

Jay Shetty

Stephen Bartlett

Dr Rangan Chaterjee

Rachel Hollis

Jonathan Van Ness

Melissa Ambrosini

