

# Words of Wisdom

## New Year's Resolutions

### General Self-Help

At this time of year many of us make New Year's Resolutions. Health and money are two popular areas in our lives where we want change. Even though most of our resolutions have already gone by the wayside, I thought you might like to get a little support in these areas. This month's "Words of Wisdom" is a bibliography of some of the books I have recommended to clients over the years. I have included books about health and wellness, money, retirement and general self-help. Many of these authors have other helpful books, however, I have only included one per author. I encourage you to investigate other books by these same authors.



Pat Mathews  
Certified Life Coach

- Ellis, D. (1998). [Creating Your Future: Five Steps to the Life of Your Dreams](#). NY: Houghton-Mifflin.
- Richardson, C. (1999). [Take Time for Your Life](#). NY: Broadway Books.
- Loehr, J. and Schwartz, T. (2005). [The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal](#). NY: The Free Press.
- Kelly, M. (2004). [The Rhythm of Life: Living Every Day with Passion and Purpose](#). NY: Fireside.
- Carson, R. (2003). [Taming Your Gremlin: A Surprisingly Simple Method for Getting Out of Your Own Way](#). NY: Harper Collins.
- LoVerde, M. (1998). [Stop Screaming at the Microwave: How to Connect with Your Disconnected Life](#). NY: Fireside.
- Morgenstern, J. (2008). [When Organizing Isn't Enough: SHED Your Stuff, Change Your Life](#). NY: Fireside

### Health and Wellness

- Schlosser, E. (2005). [Fast Food Nation: The Dark Side of the All-American Meal](#). NY: Harper Perennial.
- Ratey, J. (2008). Spark: [The Revolutionary New Science of Exercise and the Brain](#). NY: Little, Brown and Co.
- Doidge, N. (2007). [The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science](#). NY: Penguin Books.

- McGraw, P. (2004). [The Ultimate Weight Solution: The 7 Keys to Weight Loss Freedom](#). NY: Free Press.
- Chopra, D. (1994). [Ageless Body, Timeless Mind: The Quantum Alternative to Growing Old](#). NY: Harmony Books.

### Retirement

- Sedlar, J. and Miners, R. (2007). [Don't Retire. REWIRE!. 2E](#). NY: The Penguin Group.
- Schlossberg, N. (2004). [Retire Smart, Retire Happy: Finding Your True Path in Life](#). Washington, DC: APA Life Tools.
- Bolles, R. and Nelson, J. (2007). [What Color Is Your Parachute? for Retirement: Planning Now for the Life You Want](#). Berkeley: Ten Speed Press.
- Stone, M. and Stone, H. (2004). [2 Young 2 Retire: 101 Ways to Start the Rest of Your Life](#). NY: Plume.

### Money

- Kaye, Y. (1991). [Credit, Cash and Co-Dependency: The Money Connection](#). Dearfield Beach, FL: HCI.
- Kiyosaki, R. (1997). [Rich Dad, Poor Dad: What the Rich Teach Their Kids About Money--That the Poor and Middle Class Do Not!](#) NY: Business Plus.
- Ormand, S. (2007). [Women & Money: Owning the Power to Control Your Destiny](#). NY: Spiegel & Grau.
- Stanny, B. (2005). [Overcoming Under Earning: A Five Step Plan to a Richer Life](#). NY: Harper Collins.

*This is by no means a "complete" list of my favorite non-fiction books. I was astounded to discover how many books I had recommended to clients over the years. While compiling this list I had to continually pare it down to something that would reasonably fit on one page. [Click here](#) if you would like to see what else is in my recommended reading list. Happy New Year!*

*I welcome your comments and suggestions for future topics.  
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