



## **Resources Master Sheet:**

### **My YouTube Channel:**

**(Tonnes of great workouts, yoga, meditations and inspiration)**

<https://studio.youtube.com/channel/UCvU8r2tLbmYxNgpwQ4iWEAg/playlists>

### **Books:**

#### **Wealth Mindset:**

Author: Bob Proctor  
Title: You Were Born Rich

Author: Napoleon Hill  
Title: Think And Grow Rich

#### **Super quick read:**

Author: Wallace D Wattles  
Title: The Science of Getting Rich

#### **America's favourite millionaire:**

Author: Dani Johnson  
Title: First Steps to Wealth

### **Business:**

Author: Alan Dib  
Title: The 1 page Marketing plan

Author: Mike Michalowicz

Title: The Pumpkin Plan

## **Business and Personal Development:**

Author: Ray Dalio

Title: Principles

## **Productivity:**

Author: James Clear

Title: Atomic habits Author:

Author: Jim Kwik

Title: Limitless

## **Spirituality:**

Author: Don Miguel Riuz

Title: The Four Agreements

Author: Michael A Singer

Title: The Surrender Experiment  
and  
The Untethered Soul

## **28 Day Gratitude Challenge:**

Author: Rhonda Byrne

Title: The Magic

## **Dating and Relationships:**

Author: Mark Manson

Title: Models

Author: John Gray

Title: Men are From Mars, Women are From Venus

Author: Gary Chapman  
Title: The 5 Love Languages

## **Mind/Body:**

Author: Dr. Joe Dispenza  
Titles:  
Becoming Supernatural  
Breaking The Habit Of Being Yourself  
You Are The Placebo

## **Physical Fitness:**

Author: John Gray  
Title: Athletic Body In Balance

## **Fiction:**

### **Breakfast with Buddha series:**

Author: Roland Merullo  
Titles:  
1-Breakfast with Buddha  
2-Lunch with Buddha  
3-Dinner with Buddha

### **Peaceful Warrior series:**

Author: Dan Millman  
Titles:  
The Way of the Peaceful Warrior  
The Sacred Journey of the Peaceful Warrior  
The Hidden School

These are just a few of my favourite books. Reading is a huge part of my life and self development. The most successful people in the world read about a book a week on average. That's over 50 books a year! Imagine how much inspiration and knowledge that is.

Authors put years of their lives into research and the delivery of their most passionate work in the pages of every book. If you want power packed info and knowledge from the greatest people to ever live, I highly recommend getting into the habit of reading everyday.

## **Podcasts:**

Aubrey Marcus Podcast (AMP)

The Tim Ferris Show

Brother's of Light

I love listening to podcasts when I'm commuting. Driving to and from appointments, riding my bike, cleaning house, doing yard work or any time I can play a podcast in the background.

Podcasts are the closest thing we can get to having conversations with brilliant people from all walks of life. The most successful and interesting people in the world. There are countless different channels with people having conversations about any subject you can think of. It's absolutely amazing!

Do yourself a favour and trade in a couple hours a day of that Top 40 playlist and get into podcasts. They will inspire, motivate, empower and guide you to insane amounts of growth and development.

## **Playlists on Spotify:**

<https://open.spotify.com/user/aaadesrochers?si=5dde502623ad4bf9>

“Inspiring tracks” is a pump up playlist with motivational tracks.  
“Soft Inspiration” is full of light motivational tracks and affirmations.

Feel free to check out and follow my playlists. You won't be disappointed. ; )

These are the main resources I can share with you for now. If you have any specific questions or challenges, I can guide you in the right direction to get a great answer.