



TILTINGTM THE BALANCE

Tilting The BalanceTM: Our Favorite Books

A curated collection of our favorite transformative books spanning personal and professional development, spirituality, relationships, and financial wisdom to help you achieve success and fulfillment.



Foundations of Success and Daily Discipline

The Slight Edge by Jeff Olson

This book teaches readers how to achieve success and happiness by making simple daily disciplines.

Think and Grow Rich by Napoleon Hill

A classic personal development and self-help book that outlines steps to achieve financial independence and personal fulfillment.

The Power of Habit by Charles Duhigg

An exploration of the science behind habit formation and how understanding it can lead to meaningful change.

Breaking Through and Creating Excellence

Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One by Dr. Joe Dispenza

This book combines science and spirituality to help readers break old habits and create a new, positive reality.

No Limits: The Will to Succeed by Michael Phelps with Alan Abrahamson

An autobiography of Olympic swimmer Michael Phelps, detailing his journey to becoming the most decorated Olympian.

The Golden Rules: Finding World-Class Excellence in Your Life and Work by Bob Bowman and Charles Butler

Coach Bob Bowman shares the principles he used to train Michael Phelps, offering guidance on achieving excellence.

Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones by James Clear

Clear provides actionable strategies to form good habits, break bad ones, and make small changes that lead to remarkable results.



The Power of Consciousness and Present Moment Living

Living Untethered: Beyond the Human Predicament by Michael A. Singer

Singer explores the nature of consciousness and offers insights on how to live a liberated life.

The Untethered Soul: The Journey Beyond Yourself by Michael A. Singer

This book delves into self-discovery and inner peace, guiding readers toward spiritual enlightenment.

The Surrender Experiment: My Journey into Life's Perfection by Michael Singer

After a deep spiritual awakening, Singer tells the extraordinary story of his personal experiences attaining inner peace and freedom by surrendering life's flow.

The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle

Tolle emphasizes the importance of living in the present moment to achieve spiritual awakening.

A New Earth: Awakening to Your Life's Purpose by Eckhart Tolle

This book encourages a shift in consciousness to create a better, more fulfilling world.

The Law of Attraction and Manifestation



The Secret by Rhonda Byrne

This book introduces the concept of the Law of Attraction, suggesting that positive thinking can lead to life-changing results.



Feeling Is the Secret by Neville Goddard

Goddard emphasizes the power of feelings in manifesting desires.



The Power of Awareness by Neville Goddard

Goddard reveals how our awareness and imagination shape reality, teaching that by assuming the feeling of our desires fulfilled, we can transform our external world from within.



Out of This World by Neville Goddard

A work discussing the concept of parallel realities and the power of imagination.

The power of thought and feeling combined creates the reality we experience.



Mind Power and Self-Talk

As a Man Thinketh by James Allen

A literary essay highlighting the power of thought and its impact on character and circumstances.

What to Say When You Talk to Yourself by Shad Helmstetter

Helmstetter discusses the importance of self-talk and provides techniques to reprogram negative thoughts.

The New Psycho-Cybernetics by Dr. Maxwell Maltz

An updated version of the classic self-help book focusing on self-image and success.



The Master Key System by Charles F. Haanel

A personal development book teaching the laws of success and how to apply them.



The Game of Life and How to Play It by Florence Scovel Shinn

A metaphysical work offering advice on how to succeed in life by understanding spiritual laws.



Your Word Is Your Wand by Florence Scovel Shinn

Shinn provides affirmations and advice on using positive words to shape one's reality.

Emotional Intelligence and Interpersonal Skills

01

Emotional Intelligence 2.0 by Travis Bradberry and Jean Greaves

A guide to understanding and improving emotional intelligence, with strategies for personal and professional growth.

02

The 7 Habits of Highly Effective People by Stephen R. Covey

Covey presents seven habits that can lead to personal and professional effectiveness.

03

How to Win Friends and Influence People by Dale Carnegie

A classic guide on interpersonal skills and building positive relationships.

The Light in the Heart: Inspirational Thoughts for Living Your Best Life by Roy T. Bennett: A collection of inspirational quotes and thoughts to motivate and encourage positive living.



Relationships and Love



The 5 Love Languages by Gary Chapman

Chapman identifies five primary love languages and how understanding them can improve relationships.



Men Are from Mars, Women Are from Venus by John Gray

Gray explores the differences between men and women and offers advice on improving communication in relationships.



Attached: The New Science of Adult Attachment and How It Can Help You Find—and Keep—Love by Amir Levine and Rachel Heller

This book explains attachment theory and how understanding it can improve romantic relationships.

The Way of the Superior Man by David Deida

Deida discusses the challenges and opportunities of masculine spirituality and growth.

How to Be a 3% Man, Winning the Heart of the Woman of Your Dreams by Corey Wayne

Wayne offers dating and relationship advice for men seeking meaningful connections.

Financial Wisdom and Wealth Building

1

I Will Teach You to Be Rich by Ramit Sethi

Sethi offers a practical guide to personal finance, covering topics like investing and budgeting.

2

Cashflow Quadrant by Robert T. Kiyosaki

Kiyosaki explains the four types of income earners and how to achieve financial freedom.

3

The Richest Man in Babylon by George S. Clason

A collection of parables offering financial advice based on ancient Babylonian principles.

Focus, Purpose, and Taking Action



Start With Why by Simon Sinek

Sinek explores the importance of understanding the "why" behind actions to inspire and lead effectively.

1

The One Thing by Gary Keller and Jay Papasan

Keller and Papasan teach readers how to achieve extraordinary results by focusing on one primary goal at a time.



The 12 Week Year by Brian P. Moran and Michael Lennington

This book introduces a system to accomplish more in 12 weeks than others do in 12 months by focusing on shorter planning cycles.



Awaken the Giant Within by Tony Robbins

Robbins provides strategies for taking control of one's emotions, finances, and life.

The Divine Matrix by Gregg Braden

Braden bridges science and spirituality, discussing the interconnectedness of the universe.

Ten Basic Rules for Better Living by Manly P. Hall

Hall provides ten principles aimed at improving one's quality of life.

Make Your Bed by Admiral William H. McRaven: Based on a commencement speech, this book shares lessons on how small actions can change lives and the world.

The War of Art by Steven Pressfield: An inspirational read challenging people to defeat the force of "resistance"; to recognize and knock down dream-blocking barriers and to silence the naysayers within us.

Servant Made, Not Self Made: Timeless Truths. Radical Results by Grayson Marshall, Jr.: Grayson challenges the status quo that the greatest impact comes not from striving alone, but from serving with purpose.



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