



## The Career Counseling Library

**Reading is a great way to get started on your career counseling journey. The books below contain topics on mindset, perfectionism, career choice, lifestyle, and motivation. There is a little something for everyone! Choose one that sounds good and start reading!**

- 101 Secrets for Your 20's by Paul Angone
- 20 Something / 20 Everything by Christine Hassler
- Conquering Your Quarter Life Crisis by Kali Rogers
- Life After College by Jenny Blake
- Girl, Stop Apologizing by Rachel Hollis
- Girl, Wash Your Face by Rachel Hollis
- Believe It by Jamie Kern Lima
- The Subtle Art of Not Giving a F\*ck by Mark Manson
- The Defining Decade: Why Your 20's Matter by Meg Jay
- The Art of Imperfection by Brene Brown
- Do What You Love, the Money Will Follow by Marsha Sinetar
- Daring Greatly by Brene Brown
- The Secret by Rhonda Byrne
- The Gifts of Imperfection by Brene Brown
- The Secret Thoughts of Successful Women by Valerie Young
- Perfecting Ourselves to Death by Richard Winter
- There is Nothing Wrong with You: Going Beyond Self-Hate by Cheri Huber
- Why to Major in English if You're Not Going to Teach by Robert Prescott
- The Energy Bus: 10 Rules to Fuel Your Life by Jon Gordon
- Make Your Bed: Little Things That Can Change Your Life and Maybe the World by William H. McRaven
- Mindset by Carole S. Dweck
- The Third Door by Alex Banayan

### **Meditation App I Recommend**

- Insight Timer (Free!)

### **Career Podcasts**

- Coming Soon

