



Continued Education:

We will keep updating this form as we continue to find new great books, documentaries and educational tools for you to continue learning and growing. Build your mental strength, instant motivation and so much more!! Drivetime University at it's best!

Spotify: Fearless Motivation / Fearless Soul / Power Thoughts Meditation Club / Rising Higher Meditation / "Our list links" / Make your own!!!

Headspace: meditation app

Audible:

Book list:

David Goggins: Can't Hurt Me (Over coming all obsacles)

Dr Joe Dispenza: Breaking the Habit of Being You / You are the Placebo / Becoming Supernatural (Power of the Mind, meditation and ability to heal)

Joseph Murphy: The Power of Your Subconscious Mind / Believe in Yourself (Power of the mind, mindset, taking control of your mental programing)

Kelly Brogan: Own Yourself (More on the power you have to heal from depression, anxiety and other mental struggles with nutrition and meditation)

Tony Robbins: Awaken the Giant within (Self empowering)

Mel Robbins: 5 Second Rule (Building stronger habits)

David Hawkings: Letting Go (Ability to release the past so you can move forward)

Weldon Long: Power of Consistency (Building better daily disciplines)

Jeff Olson: The Slight Edge (Daily disciplines to build long term success)

James Clear: Atomic Habits (Stacking habits to add new last habits into your current life)

Maxwell Maltz: Psycho-Cybernetics (Power of your habits and consistency)

Bessel Van der Kolk: The body keeps score (Emotions and health of your body, mind and health)

Rachel Hollis: Girl Wash Your Face

Jen Sincero: You are a Badass

Gary John Bishop: Unfu*k Yourself

Naomi William/ Rachel Pilan: The Secrets of Autophagy (rest your health with autophagy)

Mark Manson: The Subtle Art of Not Giving a F*ck