



On a Mission to Bring the Human Touch Back into Global Mobility through Digital Intercultural Coaching

## The Ultimate Holiday Reading List for Expats to Reinvent Themselves

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This time of the year usually feels very quiet but this year it almost feels as if time came to a halt. We (our team) thought about ways to inspire you, and we came up with this compilation of books.

**Here is a compilation of our 12 best books to read from our team to all those who are looking for inspiration on how to change their lives for the better.**

***The books are in no particular order, and we would be interested in your opinion on them as well.***

## 1 – Do Over by Jon Acuff

**About:** When life isn't how you want it to be, whether you still lust over your dream job or still think about taking that alternate path in life. "Do-Over" as the name suggests aids in this predominant struggle to achieve the most out of life. Jon Acuff highlights the four elements in life, that all successful careers collectively share: Relationships, Skills, Character, and Hustle! Get that new edge in your life by investing yourself in what truly matters. Hurdles are inevitable so it's better to hope for the best and be prepared for the worst.

## 2 – Banishing Your Inner Critic by Denise Jacobs

**About:** You are your harshest critic, right? But how do we know when enough is enough? Banishing your inner critic helps you identify your core self, whilst eradicating the copious amount of self-doubt a person deals with. It's time to unleash your most productive, creative, and positive self! Denise Jacobs provides an intuitive read on how one can master certain power practices to uphold your core strength and overcome self-doubt, time to break free!

## 3 – The Artist's Way by Julia Cameron

**About:** Ignite your passion, reinvent your creativity, elevate your confidence, and burst open like your ideal self! The American author Julia Cameron guides you on the spiritual path to creative bliss. To book itself provides in-depth exercises and trusted methods to rejuvenate your artisanal self.

## 4 – Give and Take by Adam Grant

**About:** Success is always known to be a combination of hard work, determination, and willpower, amongst many other factors. But the main idea is the same, we as an individual must strive for it. Yet in this modern world, where everyone is interconnected at almost all points in their life, going solo isn't the right approach. As Adam Grant aptly named the book "Give and Take", the core message is encompassed by it. As an esteemed professor and an award-winning researcher

put it “Being a giver is not good for a 100-yard dash, but it’s valuable in a marathon”.

## 5 – **Company of One by Paul Jarvis**

**About:** It’s not all about working big, sometimes you have to work smart! The Company of One by Paul Jarvis truly encapsulates this exact mentality. Working on what situation, timings, and ideology suit you best. At this scale, you’ll build your company around your life, and not the other way around.

## 6 – **The Middle Finger Project by Ash Ambrige**

**About:** Having a breakdown just thinking about your day? Or maybe some tyrant boss has made your way to that promotion a minefield? Well, sometimes you’ve to stick it to the man and flip the finger to the gods above. Ash Ambridge uses her humorous and fresh writing style to hook the reader on her journey of overcoming imposter syndrome. Sometimes you need to be your own hero, through all the tacky, ugly, and nasty processes. The only thing stopping you is you, so kick it and live it how you want to!

## 7 – **Feel the Fear And Do It Anyway by Susan Jeffers**

**About:** No one is perfect or can hustle through life without fear. Much like happiness and anger, it’s still an emotion at the end of the day. The author works around fear and exposes the underlying problems that may cause it. We as humans fear failure or rejection which stops us from achieving and ultimately stunts our growth. Jeffers has therefore mapped out a series of tests, to feel our fears as nothing more than an emotion.

## 8 – **The Alchemist by Paulo Coelho**

**About:** The Alchemist truly is a modern classic, its mystical story has inspired generations and sold millions of copies along the way. This tale of wisdom and

wonder follows the journey of a boy Santiago. A mere shepherd's boy, whose belief in his recurring prophetic dream takes him to Egypt in search of treasure.

## 9 – **Big Magic by Elizabeth Gilbert**

**About:** Elizabeth Gilbert is a household name by now, empowering much of the youth through her series of captivating books. Big Magic delves into the process of the author's own creative perspective and her thought process. It truly is a manual on embracing and making the most of your creative side, it's broken into six segments, each of which contains more food for thought. The six topics are as follows: Courage, Enchantment, Permission, Persistence, Trust, and Divinity.

## 10 – **Lessons from Life by Steven Darter**

**About:** By questioning his own decisions and reflecting on his placement in life, Steven Darter takes us on an emotional journey to find the purpose of life. Steve truly hooks the reader with his visual storytelling, combining both personal and professional experiences along the way. Lessons from Life pushes you as a person to rethink your choices no matter what age group you lie in.

## 11 – **Searching for God in the Garbage by Bracha Goetze**

**About:** We've all been into unhealthy food addictions, at times munching on just sugar and carbs. Thought of switching up your dietary habits right there and then may have popped in your mind before, here's how Bracha Goetze a Harvard graduate decided to do exactly that. She's kept her journey transparent from becoming an observant Jew, to completely cutting off unhealthy eating, and finally beating anorexia!

## 12 – **The Elegant Out by Elizabeth Bartasius**

**About:** The Elegant Out showcases the story of Elizabeth herself, where she escapes an abusive relationship, a tedious eight-to-five job and delves into her

goal of publishing a book. She puts her thought of expanding her family with a new baby aside to focus on her writing, but the announcement of pregnancies from her social circle and her husband's unwillingness for another baby put her in a dire situation that complicates into frustration and depression. Thus Elizabeth is put in a precarious situation and must make an executive choice between separation or a baby.