Twitter Thread by UpSkillYourLife

UpSkillYourLife
@UpSkillYourLife

12 must read books to overcome procrastination and anxiety

1. Atomic habits

2. Eat that frog

3. Unf#ck your brain

"Dr. Faith is a hoot with heart, and her guide is full of workable, professional advice, as well as it is replete with sarcasm, good humor, and grace." —Foreword Reviews

UNF#CK YOUR BRAIN

USING SCIENCE TO GET OVER ANXIETY, DEPRESSION, ANGER, FREAK-OUTS, AND TRIGGERS

FAITH G. HARPER, PHD, LPC–S, ACS, ACN

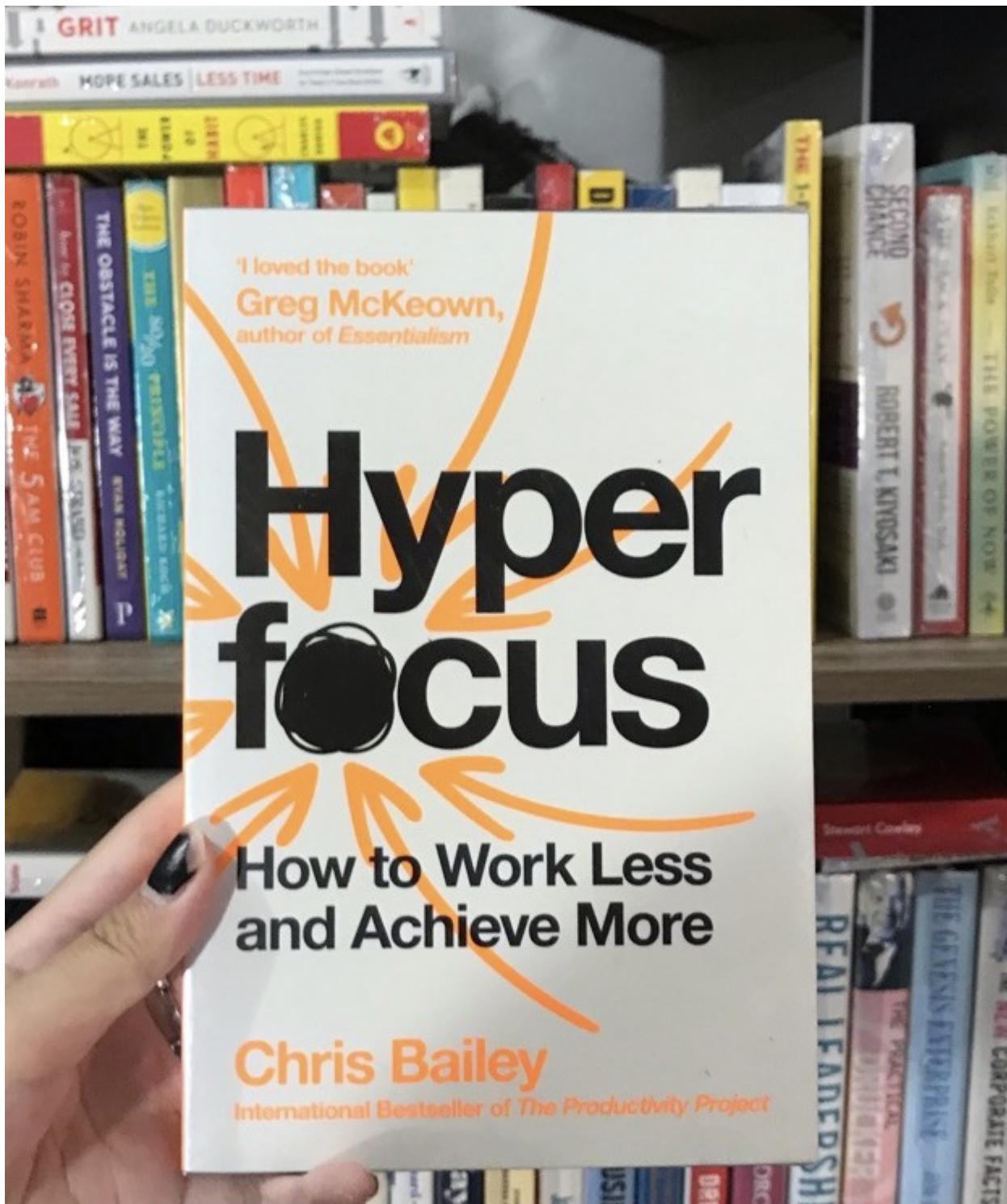WALL STREET JOURNAL BESTSELLING AUTHOR OF UNF#CK YOUR INTIMACY

4. Declutter your mind

DECLUTTER YOUR MIND
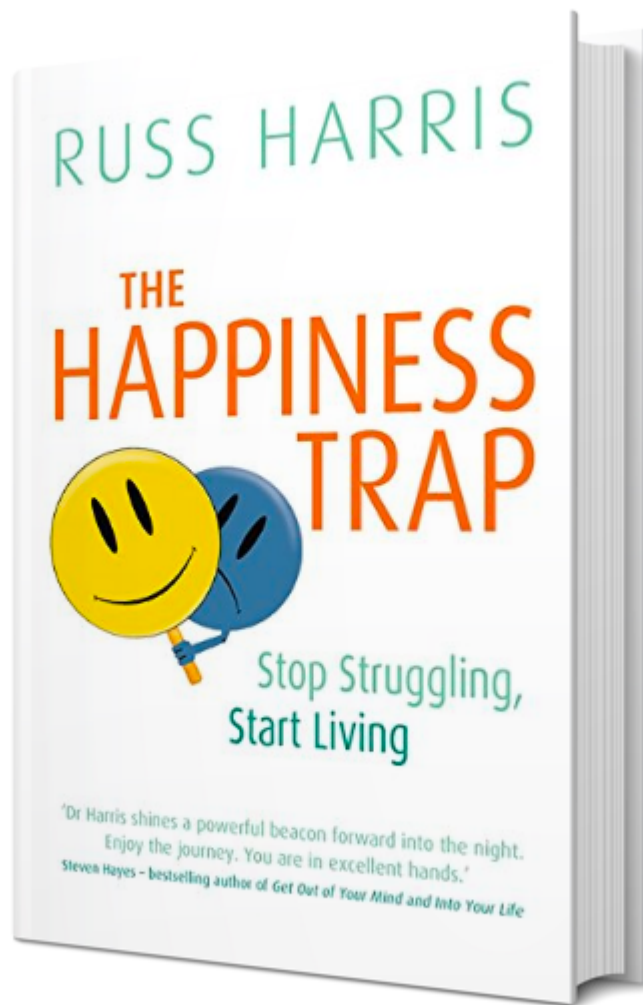
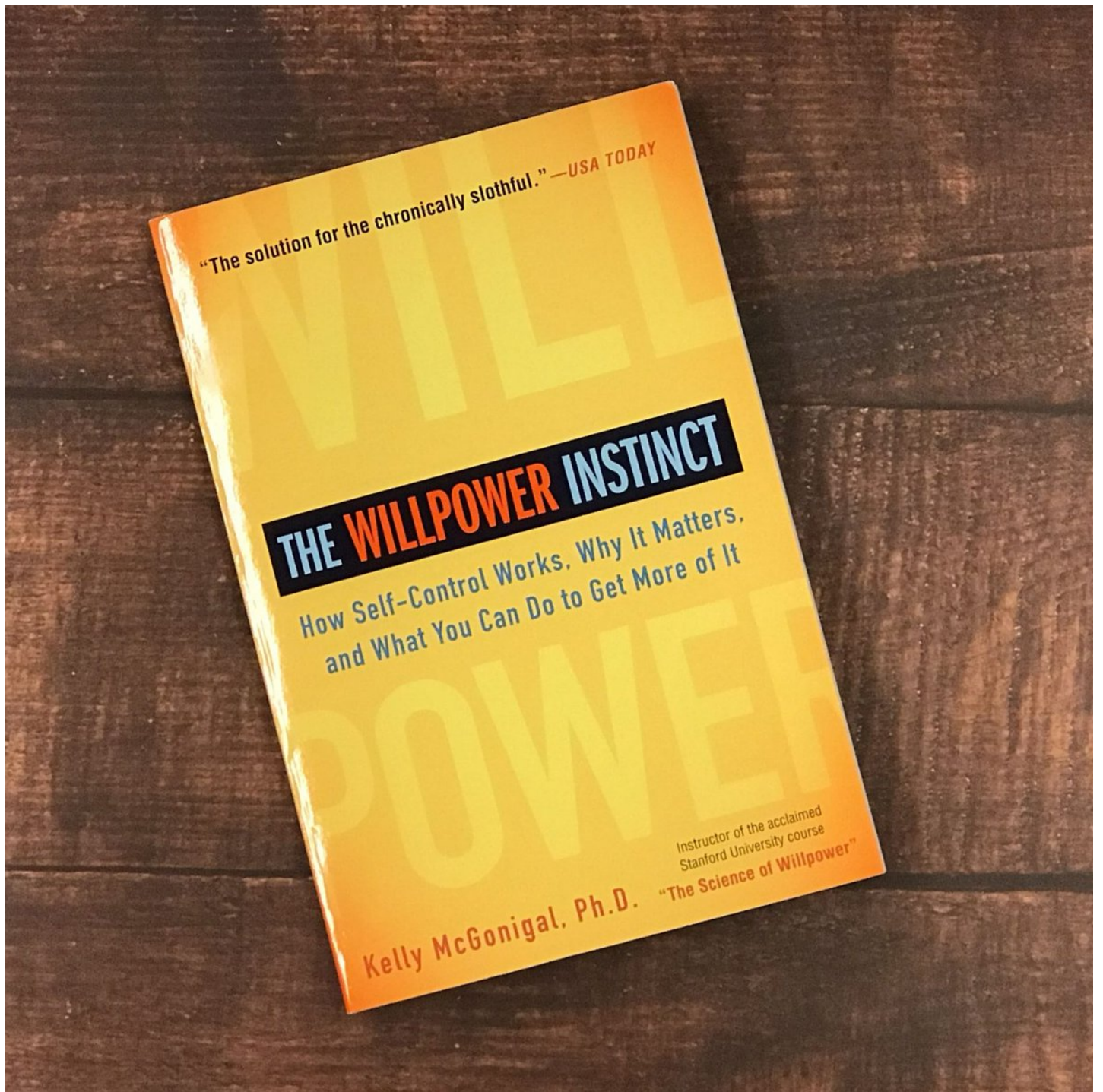HOW TO STOP WORRYING, RELIEVE ANXIETY, AND ELIMINATE NEGATIVE THINKING

S.J. SCOTT
BARRIE DAVENPORT

5. Hyperfocus

6. The happiness trap

RUSS HARRIS

THE
HAPPINESS
TRAP

Stop Struggling,
Start Living

'Dr Harris shines a powerful beacon forward into the night.
Enjoy the journey. You are in excellent hands.'
Steven Hayes – bestselling author of Get Out of Your Mind and Into Your Life

7. The willpower instinct

8. The one thing

9. The first 90 days

10. Drive

Daniel H. Pink

author of the *New York Times* bestseller
A Whole New Mind

DRiVE

The Surprising Truth
About What Motivates Us
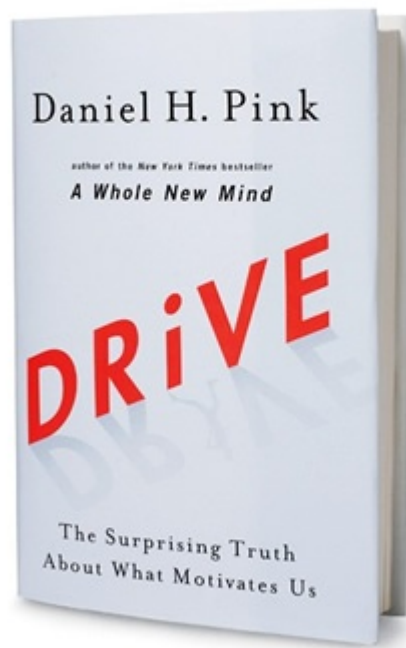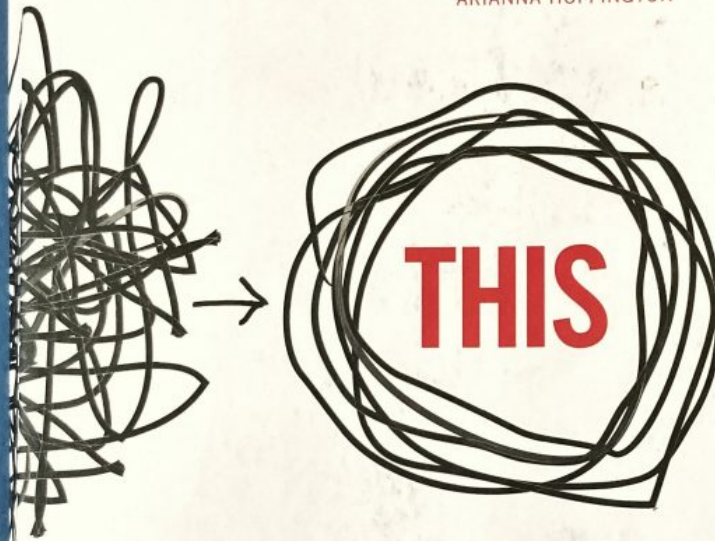
11. essentialism

'An essential read for anyone who wants to regain control of their health, wellbeing and happiness'
ARIANNA HUFFINGTON

THIS

essentialism
The Disciplined Pursuit of Less
GREG McKEOWN

12. Live Intentionally

- a 90 Day Self-Improvement Program that will help you stop living on autopilot.

It will change your

- habits,
- daily routine,
- mindset, and
- make you strong and disciplined ■

https://t.co/r9m8p3qGJl

Thanks for reading.

Follow (@UpSkillYourLife) for more threads on Mindset, Skills, Habits, Psychology, Technology and Life.