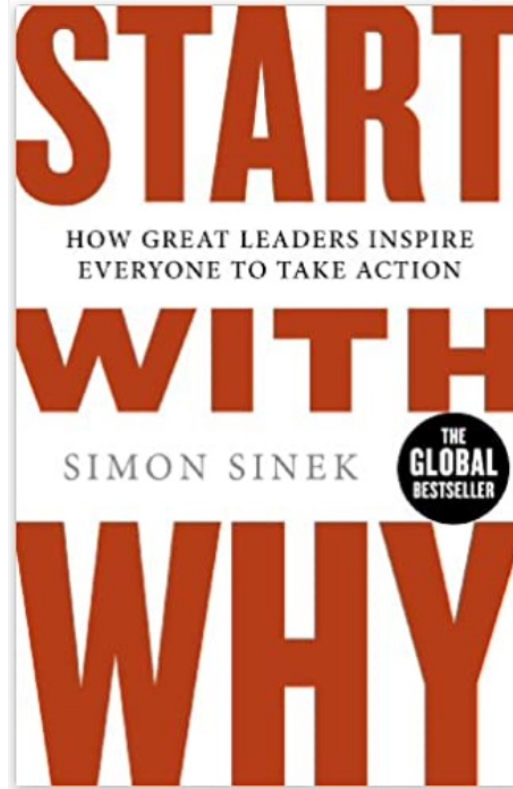


### Why you should read this

**book:** Rise is a life-changing book that will provide you with formulas that will transform your world. Buy, read it, gift it and buy it again.

Royston Guest is a best-selling author who has created life-changing strategies to transform the way you think, feel and act to become successful and fulfil your dreams. As the founder of Growth Pathways this book has acted as inspiration for the platform.

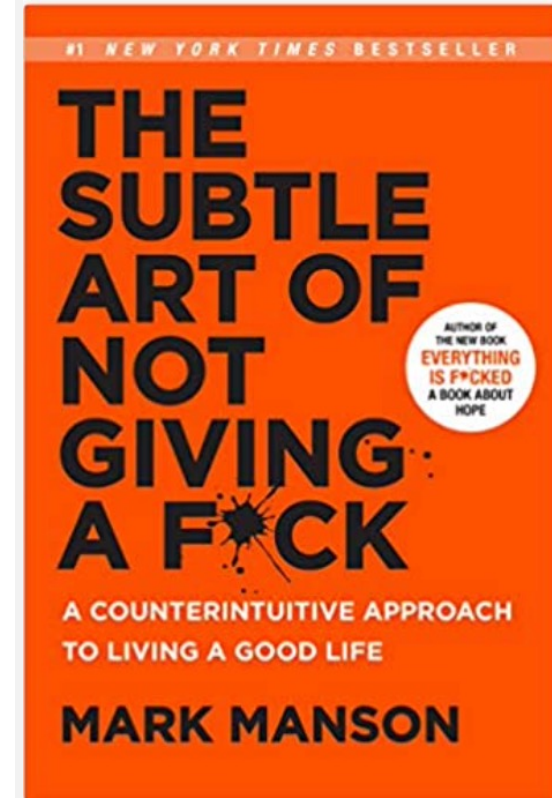
**Key Quote:** *“Live life as if all your dreams have come true and then challenge reality to catch up.”*



**Why you should read this book:** This book is for anyone who wants to inspire others, or to be inspired. Based on most popular TED Talk

Sinek proposes that there are 'why' types of people. Steve Jobs, Martin Luther King, Walt Disney, Bill Gates for example. These are the visionaries, the optimists with the overactive imagination and big dreams for the future. Do you know your why? If not, it's time to focus and what you really want in life

**Key Quote:** *“As the Zen Buddhist saying goes, how you do anything is how you do everything*



**Why you should read this book:** At times we have to realise we can't care about everyone and everything.

There are only so many things we can give a f\*\*k about, so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience

**Key Quote:** *“The desire for more positive experience is itself a negative experience. And, paradoxically, the acceptance of one's negative experience is itself a positive experience”*