

Suggested Media

Dave Gerold recommends:

Books:

The Untethered Soul, Michael Singer

Awareness, Anthony DeMello

Man's Search for Meaning, Viktor Frankel

The Power of Now, Eckhart Tolle

Dare to Lead, Brene Brown

The Three Laws of Performance, Steve Zaffron and Dave Logan

Podcasts:

Behind the Shield, with James Geering

Apps:

Insight Timer