

Day Eleven

CLD ADVENT CALENDAR

5 BOOKS THAT HAVE HELPED US IN OUR PERSONAL AND BUSINESS LIVES

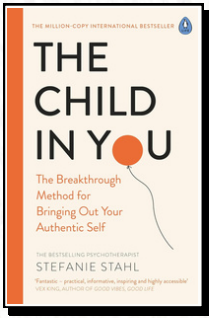
Happy eleventh of December!

Today we would like to dedicate the eleventh calendar door to the "five critical tasks". Don't know what that is? No problem, it's easily explained. The five critical tasks consist of 5 core tasks that you complete every day in order to get closer to your goal in the long term. It also consists of these 5 tasks:

1. A task that strengthens you **physically**: e.g. sport, going for a walk, etc.
2. A task that strengthens you **mentally**: e.g. meditating or journaling
3. A task that involves **money-making activities**: e.g. working on your Instagram account or small business
4. A task that takes **your business** further: e.g. watching mentoring videos
5. A task that **develops you personally**: e.g. reading

How these tasks look in detail is up to you and very individual. However, to give you some inspiration as to which books we find very helpful, today we are showing you our **top 5 books that have helped us in our personal and business lives**.

You can use these books for yourself or make a Christmas present out of them. We hope that you can take as much from them as we did.



BOOK 1

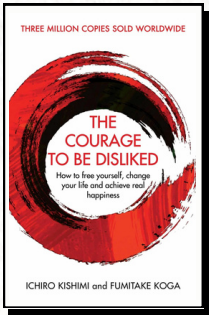
The book "The child in you" is a self-help book written by Stefanie Stahl. The self-help book is about how negative and positive experiences from childhood affect our self-confidence, beliefs and relationships. The author has shown how important it is to get to know our own inner child, thereby healing the "shadow child" and developing the "sun child" that helps us to lead a fulfilled life with good relationships.

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BOOK 2

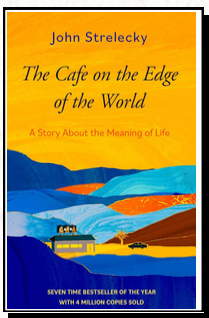
The Courage to be disliked (2018) is nothing less than the key to a self-determined life. In their book, the two authors Kishimi and Koga look at the findings of the famous Austrian psychologist Alfred Adler. Our blinks explain why you don't have to let yourself be restricted by the traumas of your childhood or the expectations of other people. They show you where you may be sabotaging your own happiness and how you can overcome such vicious circles.

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BOOK 3

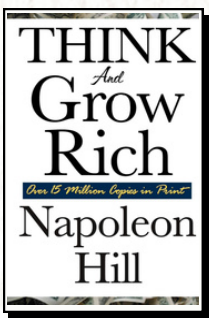
A small café in the middle of nowhere becomes a turning point in the life of John, an advertising manager who is always in a hurry. He actually just wants to take a short break, but then he discovers three questions on the menu next to the menu of the day: "Why are you here? Are you afraid of death? Are you living a full life?" How strange - but once he has become curious, John wants to find out this secret with the help of the chef, the waitress and a guest.

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BOOK 4

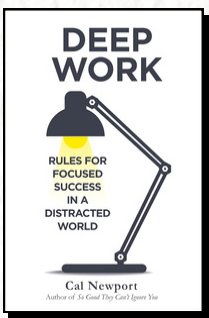
Think and Grow Rich explores the psychological power of positive thinking. Napoleon Hill looks at the importance of our thought patterns for our success. Successful people from the past combined positive thinking with perseverance and education. They surrounded themselves with supportive colleagues. We will all fail as we strive for our goals in life, but those who are willing to keep trying will succeed.

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BOOK 5

Information has never been available faster, better and cheaper than it is today. But the new media have an enormous power to distract. As a result, our ability to concentrate on our work and achieve peak intellectual performance suffers. In his book, Cal Newport analyzes this phenomenon. With Deep Work, he presents a method with which we can regain control of our attention. Every desk worker can benefit from it.

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