

# Undaunted Athlete Reading Challenge

Thank you for requesting the Undaunted Athlete reading challenge!

For many people, a list of 20 books is highly intimidating. If you find yourself feeling overwhelmed by such a large list, just pick one book from the list that seems interesting to you. Once you finish that book, you can decide if you'd like to continue. Many people never start climbing because they're overwhelmed by the mountain that lies in front of them. Trust that the summit will be worth it and focus on taking one small step. If you read for 20 minutes a night before bed, you'll be amazed at how quickly you make progress. Also, don't feel obligated to read the books in the order listed below. We think the order makes sense, but everybody is coming from a different place. What's most important is that you feel the book is relevant to where you are and where you'd like to go.

For each book, we encourage you to create a bullet point list of 5-20 ideas you found most meaningful. Whether you post it on a blog, keep it tucked in a diary, or share it with family, friends, or colleagues, we promise it will be a tremendous resource for you!

## The List:

1. **Mindset** - Carol Dweck
2. **Talent is Overrated** – Geoff Colvin
3. **Daring Greatly** – Brene Brown
4. **Leadership and Self Deception** – The Arbinger Institute
5. **The Only Way to Win** – Dr. James Loehr
6. **Open** – Andre Agassi
7. **Grit** – Angela Duckworth
8. **Win Forever** – Pete Carroll
9. **The Mindful Athlete** – George Mumford
10. **Wooden on Leadership** – John Wooden
11. **What Drives Winning** – Brett Ledbetter
12. **Burn Your Goals** – Joshua Medcalf & Jamie Gilbert
13. **The Art of Learning** – Joshua Waitzkin
14. **Man's Search for Meaning** – Victor Frankl
15. **You are Not a Rock** – Mark Freeman
16. **The Carpenter** – Jon Gordon
17. **The Subtle Art of Not Giving a F\*ck** – Mark Manson
18. **Choke** – Sian Beilock
19. **The Obstacle is the Way** – Ryan Holiday
20. **Leaders Eat Last** – Simon Sinek

