

alison deutsch
— COACHING

5 BOOKS FOR WOMEN

NAVIGATING MID-LIFE

"There is very little that any philosophy, psychology, or self-help book can teach us that is new about attaining the ultimate currency (happiness). The most a book or a teacher can do is to help raise our awareness, to help us become more fully in touch with what we already know. Ultimately, our progress, our growth, and our happiness come from our ability to look within ourselves and ask the important questions." – Tal Ben-Shahar – Happier

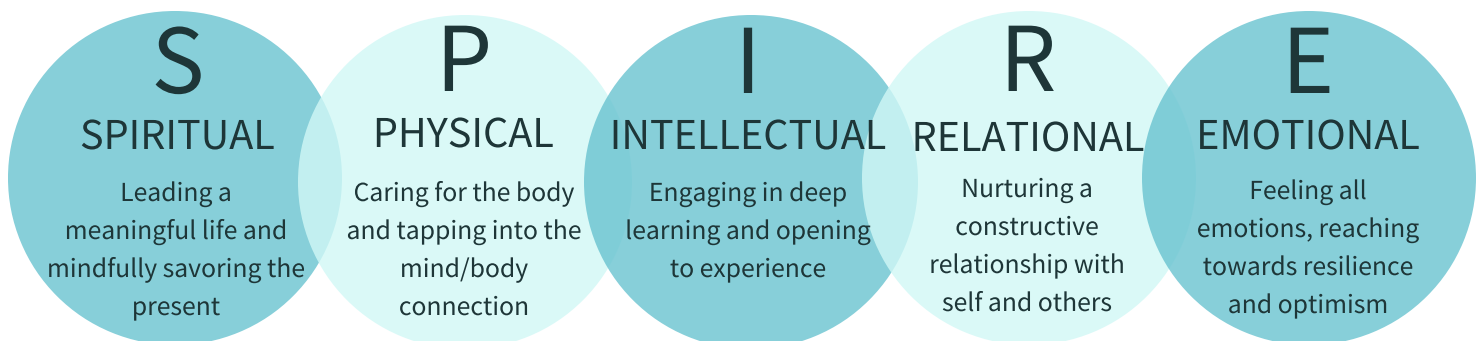
Instead of asking

Am I **HAPPY?**

Try asking

How can I be **HAPPIER?**

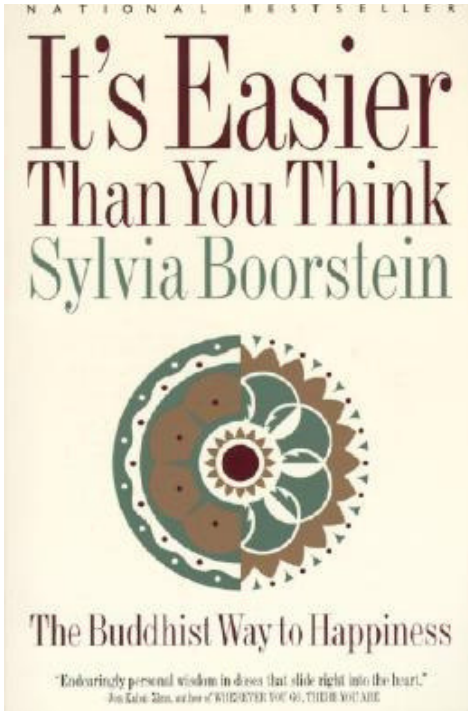
SPIRE Model* a new framework for well being based on the whole person



Offering multiple pathways to a fulfilling life

*Source: Tal Ben-Shahar and the Wholebeing Institute

● SPIRITUAL



IT'S EASIER THAN YOU THINK

*Sylvia Boorstein, Ph.D., Psychologist, Meditation Teacher
Co-Founder of Spirit Rock Meditation Center*

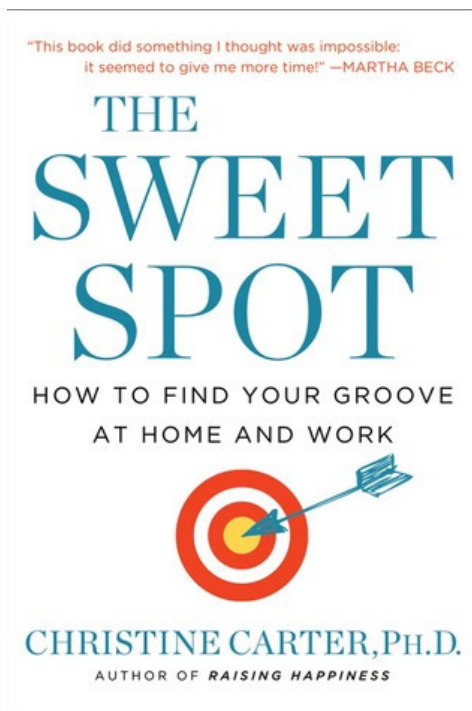
The key takeaway of this quick read: pain is inevitable, suffering optional. The author shows how “suffering is what happens when we struggle with whatever our life experience is rather than accepting and opening to it with a wise and compassionate response.” In other words, our minds are often the cause of our suffering. It’s not what happens to us, but how we respond to what happens that affects our life experience.

PERSONAL NOTES

Use this space below to jot down what resonated about this title so you can reflect on it again later

“Sweetheart you are in pain, relax, take a breath, let’s pay attention to what is happening. Then we will figure out what to do.”

● PHYSICAL



THE SWEET SPOT

*Christine Carter, Ph.D., Sociologist
Senior Fellow, UC Berkeley Greater Good Science Center*

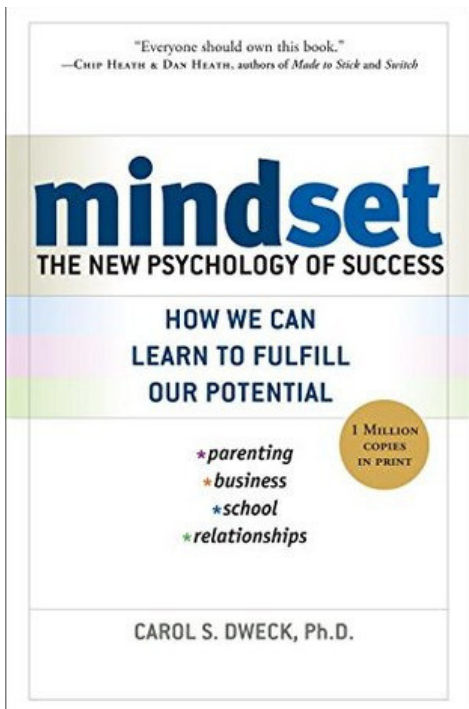
Based on her desire to move out of the exhaustion and overwhelm she was feeling on a daily basis, the author road tested the latest research coming out of the field of positive psychology. Offering practical tips and how-to advice, she teaches us how to convert stress into productive, creative energy. She suggests some big-picture shifts and introduces daily micro-habits we can add to our lives. The author takes it one step further by sharing the science behind successfully creating new habits.

PERSONAL NOTES

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"The Sweet Spot is about shifting small gears, the ones that rotate relatively easily. And because all gears are interlocking, when we tweak a small gear, large gears start to move effortlessly as well."

INTELLECTUAL



MINDSET

*Carol Dweck, Ph.D., Psychologist
Research Professor at Stanford University*

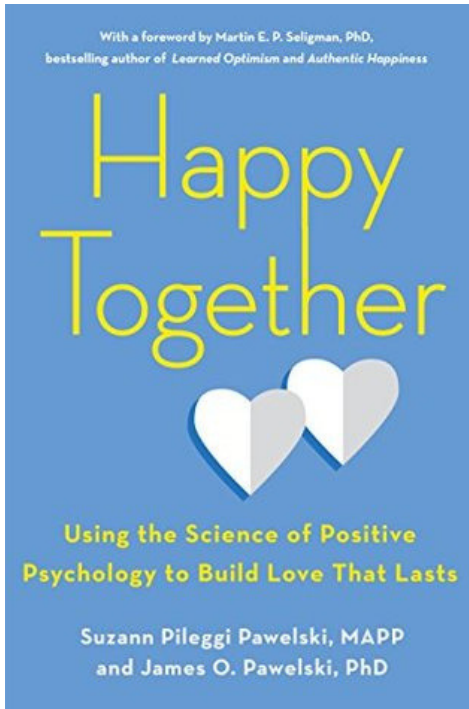
Change your mindset, change your life experience. When you learn how to approach challenges with a growth mindset, you bounce back from adversity more quickly and don't get stuck in the frustration and overwhelm that can come with making big changes. People with a growth mindset believe that their most basic abilities can be developed through dedication and hard work and that brains and talent are just the starting point.

PERSONAL NOTES

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"If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence."

RELATIONAL



HAPPY TOGETHER

Suzann Pileggi Pawelski, MAPP

James O. Pawelski, Ph.D., Director of Education in the Positive Psychology Center at University of Pennsylvania

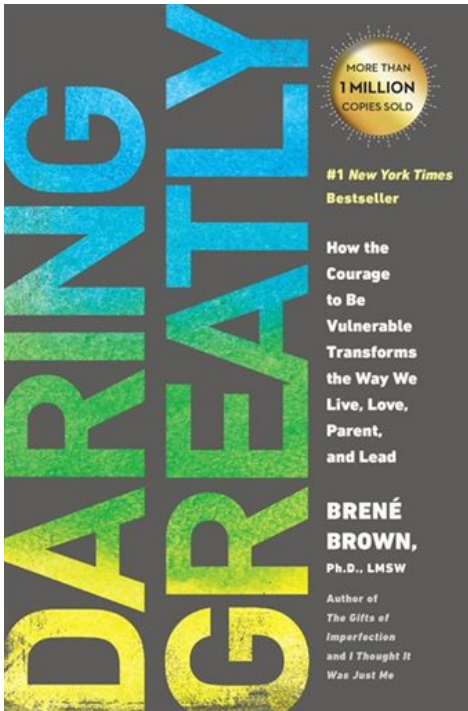
Husband-and-wife team and positive psychology experts share practical wisdom and valuable exercises to help us get to our “happily ever after”. Based on empirical research in positive psychology, intellectual perspectives in philosophy, and their own experiences as a couple, they show how building happy relationships is like building muscle - it can be fun, but there’s no escaping the hard work involved. The main message: in real life it is healthy habits that build happiness in the long term.

PERSONAL NOTES

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“Informed by empirical studies and intellectual perspectives, each of us must use our hearts and our best understanding of ourselves and our partners. Mistakes are inevitable. Much more important than trying to avoid all mistakes is a mutual commitment to learn from them in our quest to make our relationships better.”

● EMOTIONAL



DARING GREATLY

Brené Brown, Ph.D., LMSW

Research Professor at University of Houston

The author is an inspirational, master storyteller for women navigating midlife. She offers insights based on her extensive research and weaves it together with her own personal experiences. The foundational message is in order for us to live wholeheartedly, we must stop trying to perfect, perform, and please. When we have the courage to show up as our perfectly imperfectly authentic selves, it changes everything.

PERSONAL NOTES

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“Fitting in and belonging are not the same thing. In fact, fitting in is one of the greatest barriers to belonging. Fitting in is about assessing a situation and becoming who you need to be in order to be accepted. Belonging, on the other hand, doesn’t require us to change who we are; it requires us to be who we are.”

Take the Next Step, Start MOVING into Action Today!

If making significant changes were an easy task, we'd all be blissful after reading our first self-help book.

To create the life we really want requires **consistent conscious choices** that move us in the direction of what we want.

Here's the next IMPORTANT question...

What is one thing you will do differently tomorrow as a result of our conversation today?

For links to TED talks, interviews, and articles by these authors, and more book titles

Go to Alison Deutsch Coaching on Pinterest.

Feeling Stuck?

Go to www.alisondeutsch.com to Learn 9 Simple Ways to Get Moving Again.

Alison Deutsch is a Certified Professional Positive Psychology Practitioner and Professional Coach who experienced the challenge of relocating with her young family – four times over a period of ten years, both domestically and overseas. Utilizing research-proven assessments, tools, and practices, that she's personally road tested through her own life experiences, Alison helps women Move Out of the Stuck – that overwhelm, fear, and indecision that crop up around big life changes. Her clients gain peace of mind and newfound confidence in their ability to handle anything that comes their way.

