the Center for Respect™

with Mike Domitrz

Bring Mike to help build and deepen the Culture of Respect throughout your organization and community. Mike's high energy, interactive keynotes, trainings, and workshops engage people of all ages and demographics.

Best of all, each person leaves with "How To" skills and precise steps for effectively choosing RESPECT in each moment.

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Mike's SAMPLE MORNING ROUTINE:

Journal Dreams and Thoughts to Uplifting Morning Music or to 4 Audio Files

Manifest:

- Write 10 Things I Desire with "I am grateful for" statements and integrate at least 3 things I am grateful for currently and in the past.

Affirm:

- Who am I becoming? Write and say 3 "I am" statements (sit and breath in each one).

Intention:

- What is your intention for today?
- How do you wish to feel?
- What are you creating today?

Celebrate:

- What can you celebrate yourself for? You are doing great! Write 3 things

Meditate:

- Meditate for 5 minutes on everything written

My Personal Inspirations & Reminders:

- My AFFIRMATIONS
- Thoughts for Today
- Heal My Body
- The CORE Truths
- The Strangest Secret

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Mike's SAMPLE MORNING THOUGHTS:

I am grateful for God's presence in my life. I am grateful God, the unifying energy of the universe, has created this healthy, vibrant being that is me.

I am grateful for getting to live life centered in peace, love, trust, and gratitude fueled by joyous energy.

I am grateful for the best years of my life being ahead of me starting with today.

I am grateful for releasing control and instead living in flow, going with the flow of life for there is nothing to control: only opportunity to act on and cherish.

I am grateful for knowing that which I seek is seeking me: health, wealth, peace, fulfillment, creativity, and exploration.

I am grateful for being free of lack and for releasing the feeling of "wanting." I am grateful for having all I need. I am grateful for the abundance all around me.

I am grateful for releasing the need to be affirmed by others and am grateful for being selfless and of service.

I am grateful for being unfinished. Always growing and improving.

I am grateful for all the prosperity in my life. I am grateful for emotional prosperity that continuously flows to me and through me.

I am grateful for each opportunity.
Life works out and that is beautiful.

I am grateful for being perfectly imperfect.

I am grateful for living my true self and for no longer living by an old identity others expect of me. I love me, the complete and whole me.

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I choose to “Slow down, Domo” and be in love with this moment. I enjoy and treasure each bite, each swallow. I Live and LOVE. ❤️

I TRUST. I SURRENDER.

I surrender control. I surrender fixing. I surrender when. I surrender how. I surrender. And then work to create intentionally with joy.

I listen for and pay attention to God speaking to me through opportunities (to listen, to wait, to speak, to choose silence, or to take action).

I choose to never believe a thought, comment, or prediction that doesn’t empower me, including from within. I am LOVED. I am SAFE. I love you. I love me.

I am grateful for being reintroduced to God in every interaction I have, for in each person is God. In nature is God, the loving hand of the universe.

I am grateful for having thoughts which can feel wild and silly. They remind me of the creative creator within me.

My physical body is absolutely healthy. Thoughts and emotions are not indicators of my physical health. Those are simply feelings I notice and thought's I hear. They are not me. They are not facts. The facts are my physical body is incredible healthy. 💪 Yes. Yes. Yes.

I choose to accept and receive that I am SAFE, secure, and vibrantly HEALTHY. I am grateful for all 3. I am grateful for my mind, body, and soul healing and strengthening itself each and every day.

I am grateful for knowing what I embrace gives grace. "You are welcome here." I welcome the dark and the light. I am grateful for the dark and the light. And I understand the dark is often a product of the caring, high expectations of love and giving within me.

I understand that what I see in others is what is within me, both the dark and the light. I take the time to look inward instead of only seeing the dark of another.
I control and I allow. Yes. Yes. Yes.

I am grateful for LOVE and God being my guide. I am grateful for LOVE providing me a protective force field from unhealthy energies. I am grateful for LOVE dissolving distracting energies and thoughts. LOVE is such a gift to my mind, body, and soul. and I welcome LOVE and God in each moment. I receive LOVE fully and completely. I receive God fully and completely. I am grateful for God being an amazing force of creation in my life.

I am grateful for all the wonderful opportunities being presented to me in my work 🎤✍️📽️💰💜. I am grateful for health and wealth easily flowing to me in expected and unexpected ways.
I am grateful for the amazing life experiences presenting themselves to me in my personal life.

I am grateful for knowing because I have skill, I do not need confidence.
I am grateful for and listen closely to the brilliance in the loving guidance of my intuition (God's channel to my soul).

I trust in the process of life because I choose to trust in the process of life. I am safe because I know I am safe. God protects me.

I am grateful for letting go of the outcome while treasuring the process, the journey. I am grateful for peace flowing to me and through easily.

I am healthy, vibrant, quick thinking, sensitive, intuitive, strong, masculine, flexible, giving, loving, and loved. I am loved. I love me. ❤️

I am grateful for knowing I can be sick and that is okay. I can be sick and I'm not going to die. In fact, I can be sick and really healthy. Fact.

I am grateful for understanding a fear of death is from a love of living. And so **I choose to live fully and to love all out.**

if God, the power and energy of the universe that created us, has given us enough breath to last as long as we live, can we not trust that everything else we need will be supplied? YES. I trust in the process of life. I trust in the loving hand of the universe. It has gotten me to exactly where I've needed to be every time in my life - as I know it will continue to do so.

The unknown has never disappointed me.

Today, I begin anew with curiosity by asking questions to seek understanding. When no answers are provided, I continue to trust in the loving hand of the universe, God, the loving voice within me. I surrender needing to know the answer or have control or needing to "fix."

I fuel my mind, body, and soul with positive food sources and affirmations. The great job I do of taking care of myself and surrounding myself with a great healthcare team is one of the many reasons I am so energetic, passionate, healthy, vibrant, giving, and childlike.

I say, "YES" to what fuels my mind, body, and soul. I say, "No thanks" to that which weakens or distracts my mind, body, or soul.

My Values:

- Everything is temporary. I let go of attachment because it was never mine (IMPERMANENCE). I am grateful for the time I did get.
- I am grateful for being fallible. Being willing to and making mistakes helps me to grow and frees me of anxiety (FALLIBILITY).
- I surrender to the loving hand of the universe. I let go of needing to fix or control (SURRENDER).
- I lead with and listen to empathy, love, and compassion (LOVE)
- I choose RESPECT as the guiding force with each choice I make (RESPECT).
- I Seek and Build Mutually Amazing & Fulfilling Relationships (MUTUALITY).
- I choose to serve, to give by listening to my intuition (SERVE).
- I choose to be CURIOUS and seek understanding by listening and asking questions when needed. I Explore. I Experiment. I Evaluate. I Listen (CURIOSITY).
- I Trust in LOVE (TRUST). I trust in God and this I trust in the unknown.
- I express and accept gratitude throughout each day. Gratitude and LOVE are my foundation (GRATITUDE).
- I nourish my mind, body, and soul for strength and vibrancy. I live my PASSION and my voice (VIBRANT)

- I celebrate each victory (CELEBRATE).
- I treasure time with family and friends (FAMILY).
- I understand it is not what I do or give to others. What matters is me being fully present to them in the moment.
- I choose to make today a great day. **I choose happiness.**

My WHY: is to Contribute. How I do that is by Simplifying. What others can count on me for us to Build Trusting Relationships.

My Purpose: to build mutually amazing relationships across the globe, including within my own life and within myself.

My Unique Ability: to create Aha Moments that reveal transformational discoveries.

My Super Powers:

- Listening with my intuitive sensitivity for the precise questions to ask for provoking Aha Moments for myself and others. I let love speak through me.
- Helping individuals discover and build mutually amazing relationships with the power of their voice and story.
    - including finding their mission and purpose through their voice and story.
- childlike enthusiasm for life
- fast math calculation
- My loving soul.

Mission: Creating a world filled with mutually amazing relationships.
... including a norm where sexual activity is mutually amazing for all partners.

FLOW:
I choose to live in Flow - which **starts by giving myself rest and rejuvenation to properly fuel the FLOW**.
I choose a Day of LIVING 4:
1. Fun in FLOW
2. Fulfillment
3. Freedom to fail and succeed. Freedom to express myself fully.
4. Fueled by Mutually Amazing Relationships (MARS).

I choose, "YES AND . . ."

When bothered or distracted, I remember to say and ask:
"So what. If this wasn't bothering me, what would I do?"

"I GET to . . ." and "I want to . . ."
are both empowering, full of gratitude, and fun.

"We know we are not the voice of our mind. We are the one who hears it."

"We let go of the resistance in our mind. We surrender. We surrender to the loving hand of the universe, God, and follow to where it's guiding us."

Inspired by Michael Singer.

Mindfulness is a choice, a practice, a way of living and breathing.

All we need is within us. We choose what we WANT and GET to do.

We are conduits of unconditional love and respect - for all 7 billion of us.

I am playful, mindful, loving, curious, intuitive, giving, courageous, and intentional with a beginner's mind and a childlike heart.

LOOK IN YOUR OWN EYES IN THE MIRROR TO START EVERY MORNING
"The energy of the universe is within me and I am within It."

FROM Sean Stephenson:

The KEYS To BEING UNSTOPPABLE:

1. Loving Self-Care.
2. Focus on the new me.
3. Let my Life Mission Fully Guide Me
4. Thrive in an Empowered Environment

THOSE I TURN TO:

- Person 1
- Person 2
- Person 3

In moments of suffering, I choose to laugh out loud with absurdity.

From Arnold Schwarzenegger:

1. Live our VISION.
2. Ignore the Distractors
    - As Sean would say, “Never let a voice that doesn’t feed your mission impact your journey."
    - Including from within. Especially from within.
3. Work you’re a** off and then advertise!

If you look at the atmospheric conditions of any person’s life, you will understand their choices. Everything occurs exactly as it was meant to occur.

Dr. Don Wood

https://www.inspiredperformanceinstitute.com/

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"I live in the presence of wonder at the thoughts and abilities of those I lead and therefore provide space for them to create and grow."
The Outward Mindset

Ranier Maria Rilke Poem:

"Let everything happen to you
Beauty and terror
Just keep going
No feeling is final."

When we engage with others, our mantra is, "Tell me more"

instead of "let me tell you . . .".

We live in LOVE. Love feeds us and strengthens us.

inspired by "The Untethered Soul"

_____

TAO MORNING AFFIRMATIONS

- Know one's self & understand the need to do so.
  - "He who knows others is wise. He who knows himself is enlightened."
- Appreciate and value detachment.
  - Beliefs, understandings, achievements, failures, situations, and things come and go. We must learn to be detached from them. Go with the flow of letting go.

- Wu Wei means effortless action.

  If there is no need to act, do not act.

- From a casual acquaintance comes love - to be moved, touched, and inspired by another.
- From talent and perseverance come great moments.

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TO LIVE:

- **Live FREELY**
  - Know who you are and accept everything about you, both the positive and the negative.
- **Live SIMPLY & FULLY.**
  - Adapt if necessary, but don't reject the life lessons from the universe.
- **Live RESPONSIBLY**
  - Actions will affect other people, other living things, the environment, and so on. With this in mind, one will develop the habit of thinking first before action

- **Act from LOVE & COMPASSION**
- **Live with WONDER FOR THE WORLD**
  - Explore, Learn, & Uncover Discoveries

- **From nothing comes everything**.

MORNING BREATHING ROUTINE:

- BOX Breathing
- Wim Hof
- Deep breathing exercises for Balancing the autonomic nervous system and brain nerochemicals for Optimum health and wellbeing in the AM: Before you start, you might consider **lighting a candle, incense or other special items** to create sacred ambiance/space. - Practice breath exercises to connect the heart and brain frequencies, complete 3 steps.
- Take 3+deep, relaxing, cleansing breaths and on the last deep breath-hold for as long as you can and then exhale. Take a few relaxing breaths, finally on the next deep breath hold as long as you can and simultaneously do a progressive relaxation technique starting with tightening and contracting your lower extremity, buttock, abdomen, chest, upper extremity --hold a fist and then tighten your throat and face with a grimace and push all the tension to your middle of your head and hold until exhale
- Place your left hand over your heart. This brings your attention to this area-the heart nerve plexus.
- Quiet the mind, relax the body, and open the heart. There are 4 categories to opening the heart. **Gratitude, Appreciation, Thankfulness, and Compassion**.

- Dig down and find your truth regarding 1-2 items from the four categories, continue with slow and deep breaths as long as you would like. - Follow with the prayers:
- ***"Teach me what I am meant to know and show me where I am to go".***
- ***"May I have peace, joy, and love today."***
- ***"Heal my: _____ ! (Be specific)***
- ***Trust all is good.***

Remind myself, "Look how far I've come from. Look at all of the progress. Look at all the gains."

SET UPs to WIN:

- Box Breathing or Wim Hof or Beaumont Breathing or 3 in to 1 long out (4 times).
- Push-Ups
- Meditate
- Affirmations, Visualize, and Journal
- Read
- Exercise
- Connect Deeply with someone (including meeting someone new).
- Walk Outside
- Miracle Evening Routine
- Martial Arts or Yoga or Pilates in the evening

Rejuvenating Choices

- Listen to Music (Dance/Sing)
- Hike
- Dance
- Bike / Kayak
- Skate to Music
- Massage
- Attend Live Music
- Attend Live Comedy
- Thought-provoking movies.
- Attend High Level Thinking Events
- Scuba / Snorkeling
- Time with Friends
- To be FREE in Nature.

Transcending is more than simply letting go.

1. You step back from the problem and acknowledge that there is more than one way to look at it.
2. You give up your claim to know the truth already. You open yourself to new possibilities (Outward Mindset led by love and the universe's possibilities).

3. You remove inner resistance to finding an answer; such resistance might come in the form of anger, resentment, envy, stubbornness, or insecurity. You surrender.
4. Finally, you invite the answer to unfold any way that it wants to, which means being alert to unexpected shifts and changes (let the hand of love guide you)—your bitterest opponent may suddenly agree with you, or long-held grievances may melt away.

My Unique Ability is:
CREATING AHA MOMENTS THAT REVEAL DISCOVERIES.

My life mission is to be a guide for helping build mutually amazing relationships through coaching, mentoring, and speaking.

I take ownership of my journey, vision, actions, and life.
I
choose to be seen by the universe in my wholeness - tired, hurt, down, up, dark, light, loving, supportive, spiritual, knowledgeable, giving, curious, vibrant, energetic, and fun.

I choose to be a student, an athlete, a partner, a warrior, and a helpful guide.

I trust in and love my soul. In each moment, I choose an outward mindset and listen to where the loving hand of the universe is guiding me.

To **LOVE,** is to

1. **Be PRESENT. Listen.**
2. **Be VULNERABLE in hearing the stories of others and in sharing mine.**
3. **Choose LOVE.**
4. **Honor EACH Moment.**
5. **Honor each person - forgiving others and myself with compassion.**
6. **Seek Discoveries & Understanding.**
7. **GIVE Fully**

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Mike's SAMPLE MORNING AFFIRMATIONS:

Right now, it is what it is and it isn't what it isn't. It is perfectly imperfect. Nothing Added. Nothing Subtracted. I am exactly enough. I love myself exactly as I am. And I love every version of me that has ever existed.

Everything is available to me. Neither failure nor success guides me. My guides are mindfulness, empathy, curiosity, courage, intuition, love, gratitude, and trust.

I am grateful.

I am grateful for the creativity, the intuitive ability to feel the world, the dark, the light, the mistakes, the successes, the wisdom, the fun, the silliness, the strength, the femininity, the masculinity, the generosity, the vibrancy, the sexiness, and the loving nature that exists within me.

SECOND: I realize that fulfillment and enlightenment is founded in integrity, kindness, compassion, love, and TRUST.

I acknowledge I am fallible, make mistakes, and am constantly learning. When sharing discoveries, I keep the well-being of others in mind and let kindness lead. I choose an Outward Mindset.

I am grateful for knowing Life happens FOR US – not to us; that each challenge/dream is figure-outable: **life works out and that is beautiful**.

I choose to thrive in the Arena, daring greatly and rising strong. I cherish the journey.

I live with **LOVE**; honor ***what is POSSIBLE***; and am **PRESENT** in the moment. I choose love, starting with loving myself. I live in the Now.

I listen to what love teaches me and then take the actions love reveals for me to take. Love will tell me how to succeed in every area of life. The key is to ask and then listen. What is love singing to me in this moment?

I embrace vulnerability through compassion, connection, and courage – knowing a Warrior's courage only takes seconds of action.

I seek being touched by beauty, developing my talents, feeling connections to others, taking time to listen to my intuition, and trusting the answers being spoken to me by love, God.

I trust the energy of the universe, God, my soul, and my intuition - for the energy of the universe is within me and I am within it.

We are part of something bigger - a force beyond our comprehension that connects all of us together. **LOVE**.

Love is the ultimate connector. Love is the shared heartbeat of the universe. God is the creator and guide of that Love.

I LISTEN. I listen with empathy, love, openness, and a desire to understand. I look into a person's eyes. The eyes enable me to see into their soul and being. In doing so, I see the GIFTS inside of each person.

THIRD: I live life AWAKE.

I am grateful for the unending source of positive, inspiring, uplifting, and grounded energy the universe fills me with and surrounds me with.

I Stand for A New Realm of Possibility

• New possibilities for being call me powerfully into being.

• New openings for action call me powerfully into action.

I Stand for Living Life Fully and choose to Listen to the LOVE that surrounds me in each moment.

FOURTH:
I honor the truth that I am a whole person and thus welcome all feelings, thoughts, and energies . . . both dark and light. I release myself of needing to be perfect and I am reminded the dark makes the light shine even brighter. I am grateful for knowing emotions are not facts.

I choose happiness. I choose to accept and love me for exactly who I am: an intuitive, giving, fun, creative, brilliant, fallible, gifted, quick thinking, sensitive, emotional, connected, confident, passionate, and loving soul.

I am grateful for the experiences I take part in that ignite my energy. I love that I am a healthy, strong, and vibrant warrior who looks forward to new challenges. Fears do not stop from me from taking on new adventures. Nothing stops my from being the energy I have been created to be.

I LOVE the beauty of my mind, body, strength, health, wellness, vibrancy, intuition, generosity, and my life force. I love myself.

I am grateful for the opportunity to create "Aha" moments that reveal discoveries for myself and others.

I am grateful for the LOVE I see and feel in each moment, each person, each form of life, and in each object, including how deeply I love and give love to myself.

And I love this world, this universe.

I am a free spirit: vulnerable and grateful.

I am grateful for my visions, my dreams, and for thinking BIG.

I am grateful for our family and friends.

I honor each of my family members for the gift they are to the world and to our lives. I continually strive to love each person for exactly who that person is right now. I remember that each person is doing the best they know how to in the moment. They are doing exactly what was meant to happen in this moment. If we knew the atmospheric conditions of everyone's life, all makes sense.

I enjoy spending quality time and engaging in acts of service with my partner. I love leaving her notes, treasure her being, and have fun bringing creativity into our passion. We are soulmates… deeply in love.

I am committed to further strengthening the foundation of our family.

I am grateful for all the gifts in my life and for knowing that the present is the greatest gift.

FIFTH:
I choose. I choose to be both an active participant and an observer of my life. I am fully engaged: paying attention to physical sensations, internal dialogues, energy levels, and emotional states – so that my inner loving self can be more present, active, and free.

I choose to:

- Share Self Expression Openly,
- Love Mutually,
- Support Fully,
- Cherish the Journey, and
- Celebrate the Progress

I choose:

- Loving Self-care (which I am great at),
- Living My Life Mission,
- Taking ACTION, and
- Living in an Empowered Environment.

I choose 1% improvement each day.
I choose to be unstoppable.

I am grateful for understanding that my actions, beliefs, thoughts, talents, creations, mistakes, weaknesses, hurts, fears, emotions, and dreams are temporary - impermanent. I acknowledge them and appreciate them - all while understanding with gratitude, “everything is temporary.” And knowing I am not the thought or feeling. I am simply the one hearing it. I can choose to ignore it. Doing so frees me

to follow the flow of life as it pulses through me and to be present in the now.

To trust is to be free. I choose to trust.

I trust the unknown has wonderful opportunities ahead. I trust the journey. I trust each person who enters along the journey.

I trust the process and flow of life and I trust the loving hand of the universe, God, for God has always been trustworthy and dependable.

When I feel a stress is occurring or when I'm overthinking, self-obsessing, or fearing fear, I ask myself, "What is the distraction I am hearing? I let the distraction know, "hey you're welcome here" and I give grace to the feeling I am experiencing. I remember, "What I embrace gives grace." I remember this feeling I'm experiencing is okay. And then I let LOVE dissolve any unhelpful energies away.

I choose to mediate with box breathing and I focus on loving presence. I remember that to H.E.A.L. is to Hear, Explore, Accept, and Love.

In moments where I feel off or stressed with another person, I choose to pause and take a breath before responding. I ask myself, "What is the most loving way I can be present to my soul's guidance in this moment? What within me am I seeing or hearing in this other person?" I choose to listen and hear what love says and to respect love's answer to better understand myself for ensuring I come from a place of love for myself and the other person. And when needed, I activate my soul's protective force field for protecting my energy.

I've got this. My track record is incredible at taking loving care of myself and succeeding.

I am grateful for knowing I'm fallible and for the opportunity to learn from my mistakes. I am grateful for knowing the past does not exist and for knowing the future has not happened. And so I choose to be in the now. My new self is already created and here. No action is needed.

I trust the energy of the Universe. I trust my divine wisdom. I trust my intuition. I trust my voice. I trust my body. I trust my health. I trust my soul. I trust LOVE.

I value both the serenity and the thrills of nature; the inspiration of music and the arts, the adventure and comfort of reading, deep conversations, and treasure time with loved ones.

I am grateful for living my dharma, **listening with my being, letting go of the outcome (while treasuring the process and the journey), and following to where I am called to go.**

I choose to surrender to the Now.

I make choices by first asking myself, "Knowing I love myself truly and deeply, knowing I am enough, what is my heart saying right now? What is LOVE singing to me in this moment?"

SIXTH: I commit to reviewing these AFFIRMATIONS as I often as needed, then immediately taking the actions necessary TODAY to take me where I am called to go - for the 10,000 mile journey begins beneath my foot. And I choose to take each step with a Beginner's Mind.

I will repeat these affirmations with full faith that it will further awaken my consciousness.

I choose to live a life of mindfulness, curiosity, fascination, forgiveness, gratitude, impact, understanding, and love.

Today, I begin anew. . . with childlike curiosity and a warrior's sense of adventure.

In this moment, I am fully present to what is essential now.

Namaste.

Mike's SAMPLE MORNING AFFIRMATIONS:

1. 10-10-10 by Suzy Welch
2. 4-Hour Work Week by Timothy Ferris
3. A New Earth by Eckart Tolle
4. **A Man's Search for Meaning by Viktor Frankl**
5. Acres of Diamonds by Russell Conwell
6. **As a Man Thinketh by James Allen**
7. **Atomic Habits by James Clear**
8. August: A True Story about Love, Sex, and Entrepreneurship by Mike Hrostoski
9. Becoming Supernatural by Joe Dispenza
10. Born to Run by Christopher McDougall
11. Brain Activated by Scott Halford
12. Brains on Fire by Robin Phillips, Greg Cordell, Geno Church, & Spike Jones
13. Breakfast with Buddha by Roland Merullo
14. **Breaking the Habit of Being Yourself by Joe Dispenza**
15. Buddha in Blue Jeans by Tai Sheridan
16. Building a StoryBrand: Clarify Your Message So Customers Will Listen by Donald Miller
17. Daring Greatly by Brene Brown
18. Dr. Gundry's Diet Evolution by Dr. Gundry
19. **Essentialism by Greg Mckeown**
20. Exactly What to Say: The Magic Words for Influence and Impact by Phil M Jones
21. Fat Girl Walking: Sex, Food, Love, & Being Comfortable in Your Skin . . . Every Inch of It. by Brittany Gibbons
22. Five Wishes by Gay Hendricks
23. Flourish by Martin E.P. Seligman
24. Game Changers by Dave Asprey
25. **Greatest Salesman in the World by Og Mandino**
26. How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease by Michael Greger MD
27. How to Win Friends & Influence People by Dale Carnegie
28. If I Could Tell You Just One Thing: 50 of the world's most remarkable people pass on their best piece of advice by Richard Reed
29. **If the Buddha Got Stuck by Charlotte Kasl**
30. Ignore Everybody by Hugh MacLeod

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31. In a Pit with a Lion on a Snowy Day by Mark Batterson
32. In Defense of Food by Michael Pollan
33. Influence by Robert Cialdini
34. **Influence Redefined by Stacy Hanke**
35. Let Your Life Speak by Parker Palmer
36. **Life's Operating Manual by Tom Shayac**
37. Life Is Short And So Is This Book by Peter Atkins
38. Live Your Truth by Kamal Ravikant
39. Love Your Yourself Like Your Life Depends On It by Kamal Ravikant
40. Love is the Killer App by Tim Sanders
41. Love Life by Rob Lowe
42. **Manuscript Found in Accra by Paul Cuelho**
43. **On Writing by Stephen King**
44. Present Over Perfect by Shauna Niequist
45. Rising Strong by Brene Brown
46. Shambhala: The Sacred Path of the Warrior by Chogyam Trungpa
47. **Seat of the Soul by Gary Zukav**
48. So Good They Can't Ignore You by Cal Newport
49. Spiritual Solutions by Deepak Chopra
50. Slaughterhouse-Five by Kurt Vonneghut
51. **Start with Why by Simon Sinek**
52. Strength Finders 2.0 by Tom Rath (BUY NEW for code)
53. **Tao Te Ching: A Book about the Way and the Power of the Way by Ursula K. Le Guin**
54. **The Alchemist by Paulo Coelho**
55. **The Art of Letting Go by Richard Rohr** (Audible only)
56. The Art of Stillness by Pico Iyer
57. The 80% Approach by Dan Sullivan
58. The Best of Taoism by Larry Berg
59. The Code. the Evaluation. the Protocols. Striving to Become an Imminently Qualified Human Being by Jocko Willink, Dave Berke, and Sarah Armstrong.
60. The Dan Sullivan Question by Dan Sullivan
61. The E-Myth by Michael Gerber
62. **The Dream Manager by Matthew Kelly**
63. The Five Love Languages by Gary Chapman

64. **The Four Agreements by Don Miguel Ruiz**
65. **The Gifts of Imperfection by Brene Brown**
66. The Great Work of Your Life by Stephen Cope
67. **The Happiness Advantage by Shawn Achor**
68. The Last Black Unicorn by Tiffany Hadisch
69. The Millionaire Messenger by Brendan Burchard
70. The Miracle Morning by Hal Elrod
71. **The Outward Mindset by the Arbinger Institute**
72. **The Power of Now by Eckart Tolle**
73. The Power of When by Michael Breus
74. The Power of Positive Thinking by Norman Vincent Peale
75. The Secret by Rhonda Byrne
76. **The Surrender Experiment by Michael Singer**
77. The Team Success Handbook by Dan Sullivan
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What everyone is saying:

Mike provides specific How-To skills each person can implement immediately for building a culture of respect. His preparation and mastery of the material has earned him the credibility and trust within Special Operations across the Department of Defense.

Mike Kontio, Master Sergeant in US Army (Ret OR-8)
Former Joint Special Operations Command SAPR/SHARP Program Manager.

"Mike held the toughest crowd on the Eastern Seaboard in the palm of his hand. He is the 'Student Whisperer'."

Sarah Ream, Teacher, Phillips Exeter Academy (NH)

"Mike's stories about his own parenting foibles are so relatable and his trustworthiness makes him an immediate ally to parents and an advocate for students."

Sarah Page, Parent (OR)

"Mike ran a session for our senior team. He tackles difficult subjects directly with tact and understanding. He is a master of respect and inclusion. He never backs away from a challenge when it is offered and provides his audience with easy-to-use tools and techniques to improve an organization's internal relationships."

Andrew Warrington, President, United Conveyor Corporation.