



## Spring 2021 Update What Leaders Are Reading, Watching, Listening To

Based on my conversations with CEOs here are some of the resources they are tapping into currently for inspiration. Check back as this will be updated periodically.

### Reading

Think Like a Monk – Jay Shetty

White Fragility - Robin DiAngelo

Start With Why – Simon Sinek

Sapiens and Homo Deus – Yuval Noah Harari

Blinkist – various philosophy blinks

The Globe and Mail Newspaper – this is an easy one to forget, great reminder whatever your paper of choice!

### Watching

Frontier – Netflix

Superstore – Netflix

Life in Pieces – Netflix

Yellowstone - Netflix

Silicon Valley – Crave

Great Leaders Do What Drug Addicts Do – Michael Brody-Waite - [TEDEx](#)

All About Semi-Conductors – The Knowledge Project with Shane Parrish - [YouTube](#)

[The Working Mind](#) - an evidence based program to promote mental health in the workplace

### Listening to – Podcasts and Audiobooks

[Bitcoin Audible](#)

[365 Tao Daily Meditations](#) – Ming-Dao Deng

[Serious Leaders Need Self Care Too](#) - Harvard Business Review

[On Purpose Podcast](#) – Jay Shetty

[Insight Timer](#) morning meditation with music – Jonathan Lehmann

[Smartless](#) (for laughs) - Jason Bateman, Sean Hayes, Will Arnett

[Shane Parrish Podcast](#)

[Lessons on Resilience from Dogs and Dog Sledders Podcast](#) - Sway, The New York Times

[How to Create Winning Strategies Podcast](#) - Roger Martin