

## Book References

[The 1 Day Refund](#) by Donna McGeorge

[The First 2 Hours](#) by Donna McGeorge

[The 25 Minute Meeting](#) by Donna McGeorge

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[Atomic Habits](#) by James Clear

[The Game Changer](#) by Dr Jason Fox

[The 7 Habits of Highly Effective People](#) by Stephen Covey

[Four Thousand Weeks](#) by Oliver Burkeman

Anything by [Malcolm Gladwell](#)

Anything by [Tracey Ezard](#)

Anything by [Lynne Cazaly](#)

Anything by [Maree Burgess](#)

Anything by [Janine Garner](#)