

BOOK REVIEWS

Top titles to supercharge your personal and professional development



The book review pages are written for you, by you

Who are the best people to deem whether the latest business book will boost your professional and personal development as a high-level assistant? Fellow EAs, of course!

Each issue, we'll feature a selection of books, complete with an informative and insightful review by one of your peers. You'll also get a sneak peek of the newest titles available for review.

Like one of the 'sneak peek' titles?

Great! E-mail Claire at editor@executivepa.com, stating the title you wish to review and why, as well as a line or two about you, your role and your experience.

Want to be on the reader panel?

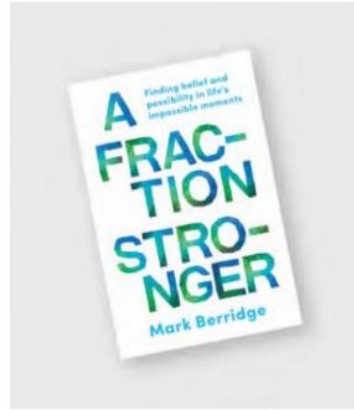
Alternatively, if you'd like a regular e-mail with all contribution opportunities, including book reviews, e-mail Claire at editor@executivepa.com with a few sentences about you, your role and your experience.

Here's how it works:

- You'll get a digital or hard copy of the book and a how-to for the review.
- Post-reading, you'll write a review of approx. 200 words. Your writing doesn't need to be of a professional standard – that's the editor's job. On that note, you can contact Claire for any questions along the way.
- Submit your review and before you know it, you'll see your words on these very pages.

Please note: Regrettably, we can only have one reviewer per title but we hugely appreciate your interest and will always keep you on file for further review opportunities.

BOOK REVIEW



A Fraction Stronger

by Mark Berridge

In a split second, Mark's life came crashing down. His bicycle understeered through a corner, the impact wrenching him over the handlebars and catapulting him headfirst into a stormwater drain. A large piece of dislodged vertebrae compressed his spinal cord, causing devastating nerve damage. The accident fractured Mark's body and his identity, and this is his story.

But this is not a story about winning, or a miracle. It's about an everyday person who visualised an exceptional outcome. It's about reframing your demons into sources of motivation and accepting support from the most unlikely places. It's about fighting for your dream when it starts to fade.

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BOOK REVIEW



Heartfelt Leadership

by Kerry Swan

If you're looking to revitalise your team, work and life then this practical guide to effective leadership in 2022 is for you. Leadership specialist and entrepreneur Kerry outlines a unique roadmap that provides strategic solutions to common team, work and life problems, and addresses philosophical questions to help you think more deeply about life and the role of authentic leadership. She also reveals nine simple principles of heartfelt leadership that have helped hundreds of others solve day-to-day management pains.

Filled with solid advice and rich with stories that will resonate, this no-nonsense guide aims to show you how to become comfortable with the discomfort and step into your future with a heart full of courage.

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BOOK REVIEW



Resilience Recipes

by Fleur Heazlewood

According to Australian resilience expert Fleur, you don't need to hit burnout or wait for total collapse to improve the way you live.

Resilience Recipes is for real people facing real-time challenges every day. So, if you're feeling overworked and overwhelmed, this book promises to teach you how to manage stress, find more balance in your life and bounce back.

The simple, quick-start guide starts with a wellbeing self-assessment test where you can remind yourself what's important to you. The chapters that follow will see you explore Fleur's proven resilience strategies and, hopefully, you'll end up with an approach to wellbeing that works for you.

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