

SUMMER REFRESH

**HOT Recommendations
by Anderson Willinger:**
Inspirations what to read,
watch, listen and play



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WE ARE IN THE FLOW

The Flow Building
Václavské náměstí 47 / 110 00 Prague 1
Czech Republic

read • watch • listen • play

The slower summer months and holiday season provide a much-needed time to **catch up on essential reading** and offer a **perfect opportunity to reflect and rejuvenate our thinking**.

The Team at Anderson Willinger has gone above and beyond to gather some of the **most interesting insights from bestselling books, top podcasts, and compelling TED Talks**, selecting ones that can inspire you to **change your perspective on life and work**.

Dive into new knowledge that enriches your brain, soul and business insight.



35 BOOKS
to enhance your
career, life and soul



16 TED TALKS
to ignite a spark within you



19 PODCASTS
to motivate and
inspire you



10 APPS
to make learning fun



11 Harvard Business Review ARTICLES for some
quick reads on personal growth and various other topics

EXCLUSIVE!

WHAT INSPIRES SUCCESSFUL MINDS?



Loren I. Shuster
the LEGO Company



Stella Litou
CME Adria

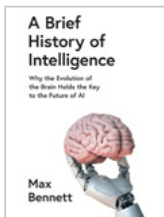


Erik van de Loo
INSEAD



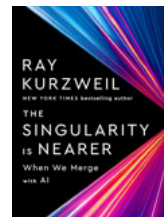
read

Dive in and discover the perfect read that resonates with you from the selection of BESTSELLER books from the past two years, handpicked by the Anderson Willinger Team.



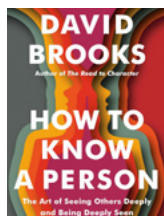
A Brief History of Intelligence
Max Bennett | 2023

Bridges the gap between AI and neuroscience by telling the story of how the brain came to be.



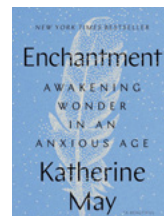
Singularity Is Nearer: When We Merge With AI | Ray Kurzweil | 2024

The noted inventor and futurist's successor to his landmark book *The Singularity Is Near* explores how technology will transform the human race in the decades to come.



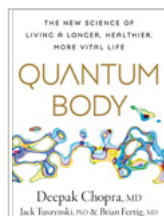
How to Know a Person
David Brooks | 2023

A practical, heartfelt guide to the art of truly knowing another person in order to foster deeper connections at home, at work, and throughout our lives.



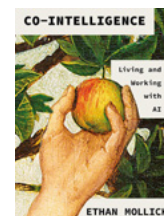
Enchantment
Katherine May | 2023

Explores balancing work and family, offering a pathway to finding a sense of being amid a busy life.



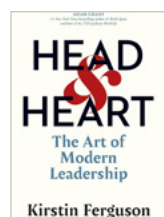
Quantum Body
Deepak Chopra M.D. | 2023

Explore the innovative world of quantum science, demonstrating how unlocking its secrets can revolutionize how we live, age and, ultimately, how we might eradicate disease.



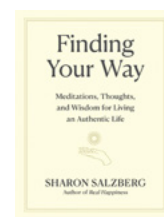
Co-Intelligence: Living and Working with AI | Ethan Mollick | 2024

Mollick challenges us to utilize AI's enormous power without losing our identity, to learn from it without being misled, and to harness its gifts to create a better human future.



Head & Heart
Kirstin Ferguson | 2023

Leadership is simply a series of moments, and this book gives you the tools to turn each moment into an opportunity to leave a positive legacy for those you lead.



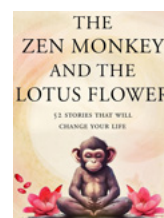
Finding Your Way
Sharon Salzberg | 2023

A guide to mindfulness meditation. It offers practical techniques and insights to help navigate life's challenges and cultivate a sense of inner peace and well-being.



How Big Things Get Done
Bent Flyvbjerg, Dan Gardner | 2023

Reveal the secrets to successfully planning and delivering ambitious projects on any scale. Nothing is more inspiring than a big vision that becomes a triumphant new reality.



The Zen Monkey and the Lotus Flower | Tenpa Yeshe | 2023

A collection of 52 Buddhist parables and tales that have been passed down through generations for thousands of years offering insight into the deepest questions of life and the human spirit.



MORE PICKS TO CHOOSE FROM

AUTHOR

YEAR

	AUTHOR	YEAR
Right Thing, Right Now: Good Values. Good Character. Good Deeds.	Ryan Holiday	2024
Slow Productivity: The Lost Art of Accomplishment Without Burnout	Cal Newport	2024
The Ritual Effect: From Habit to Ritual, Harness the Surprising Power of Everyday Actions	Dr. Micheal Norton	2024
How Leaders Learn: Master the Habits of the World's Most Successful People	David Novak	2024
The Holy Grail of Investing	Tony Robbins	2024
HEROic Leadership: The Secret to Developing Stronger High Performing Teams Using Psychological Capital	Melonie Boone PhD	2023
Unsupervised: Navigating and Influencing a World Controlled by Powerful New Technologies	Daniel Doll-Steinberg, Stuart Leaf	2023
Right Kind of Wrong: The Science of Failing Well	Amy C. Edmondson	2023
Move Fast and Fix Things: The Trusted Leader's Guide to Solving Hard Problems	Frances Frei, Anne Morriss	2023
Hidden Potential: The Science of Achieving Greater Things	Adam Grant	2023
Scaling People: Tactics for Management and Company Building	Claire Hughes Johnson	2023
The Half Known Life: In Search of Paradise	Pico Iyer	2023
The Right Call: What Sports Teach Us About Work and Life	Sally Jenkins	2023
Next!: The Power of Reinvention in Life and Work	Joanne Lipman	2023
Lead Together: Stop Squirreling Away Power and Build a Better Team	Tania Luna	2023
Clear Thinking: Turning Ordinary Moments into Extraordinary Results	Shane Parrish	2023
The Power of Regret: How Looking Backward Moves Us Forward	Daniel H. Pink	2022
Good Power: Leading Positive Change in Our Lives, Work, and World	Ginny Rometty	2023
Tomorrowmind: Thriving at Work with Resilience, Creativity, and Connection - Now and in an Uncertain Future	Gabriella Rosen Kellerman, Martin E.P. Seligman	2023
The Yellow Pad: Making Better Decisions in an Uncertain World	Robert E. Rubin	2023
All the Gold Stars: Reimagining Ambition and the Ways We Strive	Rainesford Stauffer	2023
The Coming Wave: Technology, Power, and the Twenty-first Century's Greatest Dilemma	Mustafa Suleyman	2023
Work Here Now: Think Like a Human and Build a Powerhouse Workplace	Melissa Swift	2023
Leadership: Six Studies in World Strategy	Henry Kissinger	2022
The Source: The Secrets of the Universe, the Science of the Brain	Dr. Tara Swart	2019



watch



TED Talks are a fantastic resource for anyone looking to be informed, inspired, and engaged with the world around them. We have gathered a few recent ones to find your spark.



Pete Stavros
Partner, Co-Head of Private Global Equity, KKR

The secret ingredient of business success (2024)

Pete Stavros explains the “Ownership Works”, the concept of employee ownership and its positive impact on business performance.



Paul Hudson
CEO, Sanofi

Leadership in the age of AI (2023)

In his TED Talk, Paul Hudson, CEO of the world’s fifth largest pharmaceutical company, discusses adapting leadership to AI and advanced technologies.



Beth Viner
Managing Director, BCGX

Why businesses need a dreamer’s magic and a doer’s realism (2023)

Beth Viner, global leader of BCG X, emphasizes balancing visionary dreamers and pragmatic doers in business.



Gitte Frederiksen
Partner at Boston Consulting Group

Great leadership is a network, not a hierarchy (2022)

Gitte, a former physics and nanotechnology engineer explores distributed leadership as an alternative to traditional hierarchical structures.



Catherine Price
Award-winning Science and Health journalist and best-selling author

Why having fun is the secret to a healthier life (2022)

Catherine helps people question their assumptions, make positive changes and see mundane things in more philosophical light.



Karen Eber
CEO and Chief Storyteller of Eber Leadership Group

How your brain responds to stories - and why they’re crucial for leaders (2020)

Karen Eber helps leaders hack storytelling, and believes in its unparalleled influence on leadership, teamwork, and organizational culture.

OLDIES BUT GOODIES

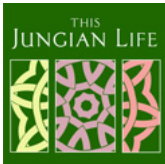
	SPEAKER	YEAR
▶ 5 steps to fix any problem at work	Anne Morriss	2023
▶ How to get your brain to focus	Chris Bailey	2019
▶ The business case for working with your toughest critics	Bob Langert	2019
▶ The anti-CEO playbook	Hamdi Ulukaya	2019
▶ Confessions of a recovering micromanager	Chieh Huang	2018
▶ How to build a business that lasts 100 years	Martin Reeves	2016
▶ What it takes to be a great leader	Roselinde Torres	2013
▶ Listen, learn ... then lead	Stanley McChrystal	2011
▶ The power of vulnerability	Brené Brown	2010
▶ How great leaders inspire action	Simon Sinek	2009



listen

Podcasts are a versatile, enriching medium that enhances knowledge, entertains, and fits into your busy life. We hope our selection will motivate and inspire you.

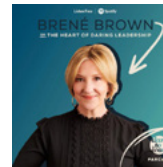
This Jungian Life | Lisa Marchiano, Deborah C. Stewart, Joseph R. Lee



Three Jungian analysts talk about life, dream analysis & how we grow - Learn all about Carl Jung, relationship dynamics and what our dreams really mean.

▶ **Aug. 18, 2018** | **Synchrocity: The Mysterious Web of Numinous Coincidences**

Dare to Lead | Brené Brown



Conversations that unlock the deeply human part of who we are, so that we can live, love, parent, and lead with a whole heart.

▶ **Part 1 of 2** | **Brené on Armored versus Daring Leadership**

The Tim Ferriss Show | Tim Ferriss



Listen to interviews with world-class performers and business leaders from various domains, such as business, sports, arts, and science.

▶ **Ep.657** | **John Vervaeke — How to Build a Life of Wisdom, Flow, and Contemplation**

Wisdom from the Top | Guy Raz



You'll hear accounts of crisis, failure, turnaround, and triumph, as leaders reveal their secrets on their way to the top.

▶ **Ep.1** | **Lego: Jørgen Vig Knudstorp**

Maxwell Leadership | John C. Maxwell



Gain valuable leadership development and personal growth lessons.

▶ **Feb. 2021** | **Transformational Leadership (Part 1)**

The Knowledge Project | Shane Parrish



Each episode is a toolkit of timeless insights and actionable insights to help you master the best of what other people have already figured out.

▶ **Ep.130** | **Trusting Your Instincts with Diana Chapman**

MORE INSPIRATIONS

HOST

POPULAR EPISODE

MORE INSPIRATIONS	HOST	POPULAR EPISODE
HBR IdeaCast	Alison Beard, Curt Nikish	▶ Stop initiative overload
Speak Up	Laura Camacho	▶ Brett Putter: How the Best Leaders Surface Culture
Science and Spirituality	Deepak Chopra	▶ Is Life a Dream?
How to Be a Better Human	Chris Duffy	▶ How changing your story can change your life
The School of Greatness	Lewis Howes	▶ Brené Brown's Guide to Healing & Finding True Belonging
Kwik Brain	Jim Kwik	▶ Top 3 Kwik Tips to Master Your Habits
At the Table	Patrick Lencioni	▶ The Upside of Conflict
The Diary of a CEO	Steven Bartlett	▶ Robert Greene: How to Seduce Anyone, Build Confidence & Become Powerful
Jordan B. Peterson Podcast	Jordan B. Peterson	▶ What Your Left Brain Won't Tell Your Right Brain
WorkLife	Adam Grant	▶ How to Love Criticism
Of Mystics and Mistakes	Sadhguru	▶ Relentless Commitment Is the Only Solution
The Happiness Lab	Dr. Laurie Santos	▶ Don't Accentuate the Positive
The One You Feed	Eric Zimmer	▶ The Path to Your True Self with Martha Beck



quick reads



- ◇ [Transformations That Work](#) | May-June 2024

- ◇ [Leading a Company That Can Thrive in a Chaotic World](#) | April 1, 2024

- ◇ [Leading in the Flow of Work](#) | Jan-Feb 2024

- ◇ [How to Sustain Your Empathy in Difficult Times](#) | Jan-Feb 2024

- ◇ [Helping Employees Succeed with Generative AI](#) | Nov-Dec 2023

- ◇ [The Perils of an Achievement Culture](#) | Nov-Dec 2023

- ◇ [How AI Affects Our Sense of Self](#) | Sep-Oct 2023

- ◇ [The Leap to Leader](#) | Jul-Aug 2023

- ◇ [The Leadership Odyssey](#) | May-Jun 2023

- ◇ [A New Approach to Building Your Personal Brand](#) | May-Jun 2023

- ◇ [Cultivating the Four Kinds of Creativity](#) | Jan-Feb 2023





play & learn

We've gathered a selection of apps to add more play to your life, while also giving your brain a workout and enhancing your learning experience.

Audiolibrix

Audiolibrix offers more than 12,000 Czech & Slovak audiobooks of various genres to listen online or offline.

Blinklist

Listen to or read the key ideas from nonfiction bestsellers in around 15 minutes.

CogniFit

CogniFit makes it easier than ever to train your brain with a series of fun and engaging mental games.

Peak

Peak is the fun, free brain training workout designed around you.

Elevate

Elevate is a brain training to improve your mind's focus, memory, speaking abilities, processing speed, math skills.

Habitica

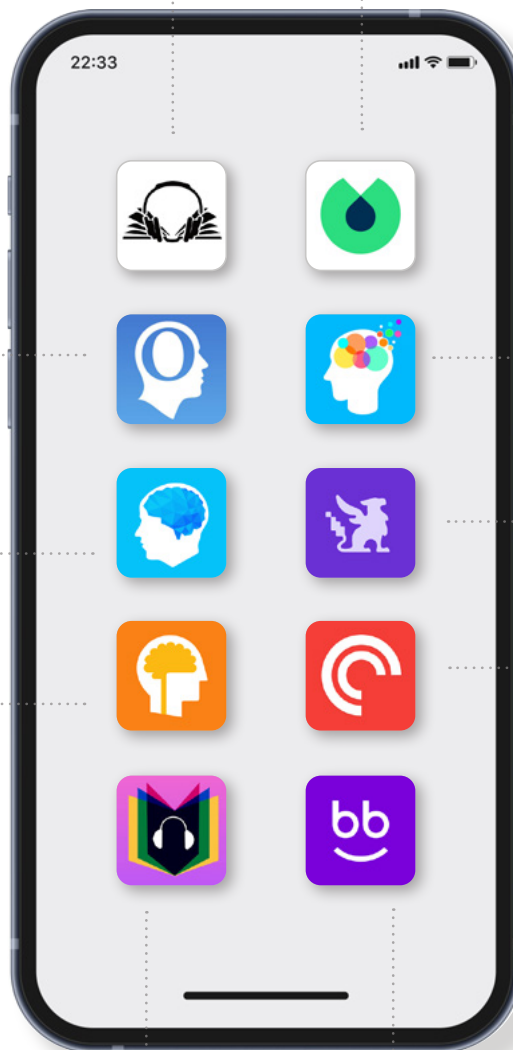
Habitica is a free habit and productivity app that treats your real life like a game.

Lumosity

Cognitive training program is a fun, interactive way to train your brain and learn about how your mind works.

Pocket Casts

A simple yet multi-faceted podcast platform, making it easy to browse and click on the podcast you want to listen to.



LibriVox

LibriVox provides unlimited access to over 40000 audio books.

Nibble

Learn more interactively — Turn self-development into laid-back and easy leisure with bite-sized lessons and quizzes!



Loren I. Shuster
Chief People Officer / EVP
the LEGO Company



Stella Litou
Chief Executive Officer
CME Adria

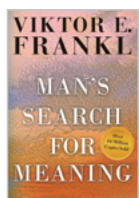


Erik van de Loo
Affiliate Professor of
Organizational Behavior,
Co-Founder & Co-Director -
Executive Masters of Change
INSEAD

read

Man's Search for Meaning

Viktor Frankl | 2006



A book for finding purpose and strength in times of great despair, the international best-seller is still just as relevant today as when it was first published.

read

The Ride of a Lifetime

Robert Iger | 2019

The CEO of Disney shares his ideas and values while reinventing Disney.

Team of Teams: New Rules of Engagement for a Complex World

Stanley McChrystal | 2015

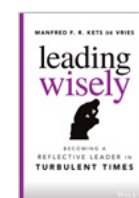
No Rules Rules: Netflix and the Culture of Reinvention

Reed Hastings | 2020

read

Leading Wisely

Manfred F. R. Kets de Vries | 2022

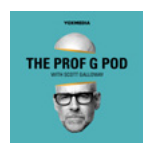


Learn true leadership with this actionable guide from a world renowned leadership expert, psychoanalyst, and executive coach.

watch

Scott Galloways Predictions for 2024

Bestselling author, professor and entrepreneur Scott Galloway combines business insight and analysis with provocative life and career advice.



Scott Galloway also has his own podcast.

The Prof G Pod
Scott Galloway

watch

Lead like the great conductors | Itay Talgam

Documentary: Jiro Dreams of Sushi | 2011

listen

Mike and Amit Talk Tech
Mike Wade and Amit Joshi

Uncensored CMO
Jon Evans

Play & learn

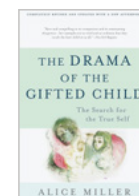


DailyArt

Get inspired by beautiful classic, modern, and contemporary art masterpieces and read short stories about them.

The Drama of a Gifted Child

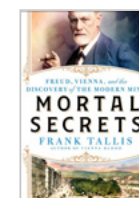
Alice Miller | 1997



The Drama of the Gifted Child helps us to reclaim our life by discovering our own crucial needs and our own truth.

Mortal Secrets

Frank Tallis | 2024



A chronicle of Vienna's Golden Age and the influence of Sigmund Freud on the modern world.

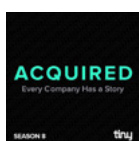
The Politics of Pain

Fintan O'Toole | 2019



From one of the most perceptive observers of the English today comes a brilliantly insightful, mordantly funny account of their seemingly irrational embrace of nationalism.

listen



Acquired
Ben Gilbert and
David Rosenthal

Learn the playbooks that built the world's greatest companies — and how you can apply them as a founder, operator, or investor.

We are Executive Search.

Business Intelligence is fully integrated into our operations and practices. We consistently monitor and analyze trends within our leadership community.

We are in the process of developing a tool based on Artificial Intelligence, designed to forecast the success of a leader in a particular role and business, aligning with the company's culture and values.

A crucial component of our operations involves comprehensive psychological testing, aimed at evaluating and enhancing leaders while facilitating their successful integration. Collaborating with colleagues from INSEAD, Anderson Willinger has identified vital areas, including personality traits, essential for navigating organizations amidst today's turbulent times, whether through external recruitment or internal promotion. Leveraging this insight, the AW team has curated top-tier global tools to discern the current status of both the company and its leaders, pinpointing critical areas for development.

We not only provide our clients with assistance in setting a strategy and selecting key executives; **we also serve as partners in educating and inspiring top management about current global trends.**

In addition to our market research on Executive Education, here is a list of our premium workshops.

- AI, People Analytics, Data Analysis and use of CHatGPT for HR Directorship
- AI, People Analytics for CEOs
- Positive Intelligence Workshop
- Leader 'Shadows Workshop

TRENDS FROM OUR LEADERSHIP COMMUNITY

2024



2023



TRENDS IN EXECUTIVE EDUCATION

2024



2023



TOP CONFERENCES IN 2024



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