



It's Not About the Bike

Lance Armstrong – Yellow Jersey Press

Why We Do What We Do

Ed Deci with Richard Flaste – Penguin

Handbook of Self-Determination Research

Ed Deci and Richard Ryan – Univ of Rochester Press

In Pursuit of Excellence

Terry Orlick – Human Kinetics

The 10 Natural Laws of Successful Time and Life Management

Hyrum Smith – Nicholas Brearley Publishing

Guidelines for Exercise Testing and Prescription

American Colleges of Sport Medicine. Lea & Febiger

Fitness and Health

Brian Sharkey – Human Kinetics

Nutrition for Fitness and Sport

Melvin Williams – Wm C Brown Publishers

The Art of Happiness at Work

HH Dalai Lama & Howard Cutler – Hodder Mobius

The Inner Game of Tennis

W. Timothy Gallwey – Pan

We Are All Athletes

Mariah Burton Nelson – Dare Press

Good to Great

Jim Collins – Random House



Teams at the Top: Unleashing the potential of both teams and individual leaders

Jon Katzenbach

The New Leaders: Transforming the art of leadership into the science of results

Daniel Goleman, Richard Boyatzis and Annie McKee

The Discipline of Teams: A mindbook-workbook for delivering small group performance

Jon Katzenbach and Douglas Smith. John Wiley and Sons

The New Why Teams Don't Work: What goes wrong and how to make it right

Harvey Robbins and Michael Finley.

Group Dynamics in Sport, 3rd Edition

Albert Carron, Heather Hausenblas and Mark Eys.

