

# The Fulfillment Chronicles

## Recommended Reading and Viewing in Lifelong Fulfillment

2025

It takes time and initiative to build fulfillment for the different objectives of young adults, mature adults, and seniors. It's imperative that authentic expert knowledge be a part of the process. Find these resources on [www.lifelongfulfillment.com](http://www.lifelongfulfillment.com) under Point Solutions in books, podcasts, and on line materials. Here is a comprehensive listing of resources by subject matter.

<b><u>BOOK</u></b>	<b><u>PODCAST</u></b>	<b><u>LINK</u></b>
<b>Psychology &amp; Sociology</b>		
<b>13 Things Mentally Strong People Don't Do</b> , Amy Morin, 2014	<a href="#">The Secret of Becoming Mentally Strong   Amy Morin - YouTube</a>	<a href="https://www.youtube.com/watch?v=TFbv757kup4">https://www.youtube.com/watch?v=TFbv757kup4</a>
<b>Adversity Quotient</b> , Paul Stolz, 2000, <a href="http://www.peaklearning.com">www.peaklearning.com</a>	<a href="#">Adversity Quotient@ by Dr. Paul G. Stoltz - YouTube</a>	<a href="https://www.youtube.com/watch?v=WfHzjkLtQGM">https://www.youtube.com/watch?v=WfHzjkLtQGM</a>
<b>Authentic Happiness, Using the New Positive Psychology to Realize Your Potential for</b>	<a href="#">The new era of positive psychology   Martin Seligman</a>	<a href="https://www.youtube.com/watch?v=9FBxfd7DL3E">https://www.youtube.com/watch?v=9FBxfd7DL3E</a>
<b>Blind Spot</b> , Dr Mahzarin R. Banaji, Dr Anthony G. Greenwald, 2013	<a href="#">Mahzarin R. Banaji - Blindspot: Hidden Biases of Good People</a>	
<b>Common Wisdom</b> , Laura Gabayan, MD, MS, 2024	<a href="#">Dr. Laura Gabayan - "Common Wisdom: 8 Scientific Elements of ...</a>	
<b>Conversations With God</b> , Neal Walsch, 1996	<a href="#">Conversations With Neale Donald Walsch About God and ...</a>	<a href="https://www.youtube.com/watch?v=oOEOBAuS1O8">https://www.youtube.com/watch?v=oOEOBAuS1O8</a>
<b>Drive, The Surprising Truth About What Motivates Us</b> , Daniel H. Pink, 2009	<a href="#">Daniel Pink: The Surprising Truth About What Motivates Us - ...</a>	
<b>Enlightenment Now, The Case for Reason, Science, Humanism, and Progress</b> , Steven Pinker, 2018	<a href="#">The Case for Reason, Science, Humanism, &amp; Progress - You... Mar 26, 2018</a>	
<b>Finding Meaning In the Second Half of Life, How to Finally Really Grow Up</b> , James Hollis, 2005	<a href="#">James Hollis PhD Finding Your Own Path on LIVING SMART ... YouTube</a>	<a href="https://www.youtube.com/watch?v=HCIOI71neL0">https://www.youtube.com/watch?v=HCIOI71neL0</a>
<b>Flow, The Psychology of Optimal Experience</b> , Mihaly Csikszentmihalyi, 1990	Na	<a href="https://youtu.be/oLZZw8qrcU8">https://youtu.be/oLZZw8qrcU8</a>
<b>Forgive For Good</b> , Fred Luskin, 2003	<a href="#">Dr. Fred Luskin: Forgive for Good - YouTube</a>	<a href="https://www.youtube.com/watch?v=Gf1pHf2RKzI">https://www.youtube.com/watch?v=Gf1pHf2RKzI</a>
<b>Getting the Love You Want</b> , Harville Hendrix, 1988	<a href="#">Harville Hendrix &amp; Helen LaKelly Hunt   Talks at Google</a>	<a href="https://www.youtube.com/watch?v=FfbfHtoHqiE">https://www.youtube.com/watch?v=FfbfHtoHqiE</a>
<b>Grit</b> , Angela Duckworth, 2016	<a href="#">TEDxBlue - Angela Lee Duckworth, Ph.D - 10/18/09 - YouTube</a>	<a href="https://www.youtube.com/watch?v=qaeFnxSfSC4">https://www.youtube.com/watch?v=qaeFnxSfSC4</a>
<b>How Can I Get Through To You</b> , Terrence Real, 2002	<a href="#">Terry Real   Exploring Relational Communication - YouTube</a>	<a href="https://www.youtube.com/watch?v=ayadkwCIEtQ">https://www.youtube.com/watch?v=ayadkwCIEtQ</a>

<b>Lasting Fulfillment</b> , Martin Seligman, PhD, 2002	Na	
<b><u>Learning Curve: Definition, Theory (Graphs), and Examples</u></b> , 2021, Katherine Quan, <a href="http://www.gettingpeopleright.com">www.gettingpeopleright.com</a>	Na	
<b>Life coach or therapist? Know the differences</b> , Dr Emily Hemendinger, U Colorado Anschutz Medical, NPR Shots (Health News) & The Conversation Article, Sept 10, 2024	Na	<a href="https://www.npr.org/people/g-s1-21682/emily-hemendinger">https://www.npr.org/people/g-s1-21682/emily-hemendinger</a>
<b>Living Without A Goal</b> , James Ogilvy, 1995	Na	
<b>Management Theory: X, Y, Z and Maslow</b> , Scott Byorum, 2015, <a href="http://www.static1.squarespace.com">www.static1.squarespace.com</a>	Na	
<b>Many Lives Many Masters</b> , Brian Weiss, 1988		<a href="https://www.youtube.com/watch?v=WMILOPYwZ5w">https://www.youtube.com/watch?v=WMILOPYwZ5w</a>
<b>Men Are From Mars, Women Are From Venus</b> , John Gray, 1992		
<b><u>Noise, A Flaw in Human Judgement</u></b> , Dr Daniel Kahneman, Oliverier Sibony, Cass R. Sunstein, 2021		<a href="https://www.youtube.com/watch?v=xuM7ZS7nodk">https://www.youtube.com/watch?v=xuM7ZS7nodk</a>
<b><u>On 360-Degree Feedback</u></b> , <a href="http://www.360-degreefeedback.com">www.360-degreefeedback.com</a>		<a href="https://www.youtube.com/watch?v=FQNbaKkYk_Q">https://www.youtube.com/watch?v=FQNbaKkYk_Q</a>
<b><u>On 40 Developmental Assets</u></b> , <a href="http://www.search-institute.org/assets/">www.search-institute.org/assets/</a>		<a href="https://www.youtube.com/watch?v=ncn8dDOKWnM">https://www.youtube.com/watch?v=ncn8dDOKWnM</a>
<b>On Common Careers for Personality Types</b> , <a href="http://www.personalitypage.com/careers.html">www.personalitypage.com/careers.html</a>		<a href="https://www.youtube.com/watch?v=8pq_tCgDkT4">https://www.youtube.com/watch?v=8pq_tCgDkT4</a>
<b>On Death And Dying, What the dying have to teach doctors, nurses, clergy and their own families</b> , Elisabeth Kubler-Ross, 1969	Na	<a href="https://www.youtube.com/watch?v=Ku8pju9VSNE">https://www.youtube.com/watch?v=Ku8pju9VSNE</a>
<b><u>On Herrmann Brain Dominance Instrument</u></b> , <a href="http://www.hbdi.com">www.hbdi.com</a>		<a href="https://www.youtube.com/watch?v=ukfokJ8d6-Q">https://www.youtube.com/watch?v=ukfokJ8d6-Q</a>
<b><u>On Human Synergistics</u></b> , <a href="http://www.humansyn.com">www.humansyn.com</a>		<a href="https://www.youtube.com/watch?v=Mq_g5_zVGlk">https://www.youtube.com/watch?v=Mq_g5_zVGlk</a>
<b>On Keirsey Temperament Sorter</b> , <a href="http://www.wilderdom.com/personality/personalityLinks.html#Keirsey">www.wilderdom.com/personality/personalityLinks.html#Keirsey</a>		<a href="https://www.youtube.com/watch?v=qYvXk_bqIBk">https://www.youtube.com/watch?v=qYvXk_bqIBk</a>
<b>On Maslow's Hierarchy of Needs</b> , <a href="http://www.wikipedia.org">www.wikipedia.org</a>		<a href="https://www.npr.org/programs/ted-radio-hour/399796647/maslows-human-needs">https://www.npr.org/programs/ted-radio-hour/399796647/maslows-human-needs</a>
<b>On Stages of Change Model</b> , Prochaska and DiClemente, <a href="http://www.prochange.com">www.prochange.com</a>		<a href="https://www.youtube.com/watch?v=Vowpa6T4_PA">https://www.youtube.com/watch?v=Vowpa6T4_PA</a>
<b><u>On Team Management Profile (TMP)</u></b> , <a href="http://www.tms.com.au">www.tms.com.au</a>		<a href="https://www.youtube.com/watch?v=EFI9_6FZnew">https://www.youtube.com/watch?v=EFI9_6FZnew</a>
<b><u>On Team Management Systems</u></b> , Margerison & McCann, <a href="http://www.tms.com.au">www.tms.com.au</a>		<a href="https://www.youtube.com/watch?v=y61b0S8aCi0">https://www.youtube.com/watch?v=y61b0S8aCi0</a>

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**Positive Psychology, A Practical Guide**, Bridget Grenville-Cleave, MSc., 2012

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**Social Cognition and Emotion Lab**, Erin C. Westgate, University of Florida,  
<https://doi.org/10.1037/rev0000317>,  
[www.erinwerstgate.com](http://www.erinwerstgate.com)

**Surviving Survival**, Laurence Gonzales, 2012

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**Talking To Strangers, What We Should Know About The People We Don't Know**, Malcolm Gladwell, 2019

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[www.careerplanner.com/AdvancedPersonalityTypeCareerReport.cfm](http://www.careerplanner.com/AdvancedPersonalityTypeCareerReport.cfm)

[20 Games People Play \(Eric Berne, 1964\) | Will & Luke Discuss](#)

[The surprising habits of original thinkers | Adam Grant|TED](#)

[Gail Sheehy: "Daring: My Passages" - YouTube](#)

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[Please Understand Me slides - YouTube](#)

[Happiness Secrets from Bridget Grenville Cleave](#)

[Power vs Force audiobook by David R Hawkins - YouTube](#)

[Predictably Irrational - Dan Ariely at TEDxMidwest - YouTube](#)

[JOEL GARREAU - Radical Evolution \(Podcast Episode 2022\)](#)

[Why specializing early doesn't always mean career success](#)

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[Refire! Don't Retire with Ken Blanchard and Mort Shaevitz](#)

[How to build Psychological Richness Today Dr Erin Westgate](#)

[7 Deep Survival: The Incredible Neuroscience of Survival | Laurence ...](#)

[Swamplands of the Soul with James Hollis - YouTube](#)

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[What's Your Type? | Jean Kummerow | TEDxGrinnellCollege](#)

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[https://www.youtube.com/watch?v=Neso\\_4VikJU](https://www.youtube.com/watch?v=Neso_4VikJU)

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<https://www.oprah.com/own-podcasts/malcolm-gladwell-talking-to-strangers>

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**The Best Jobs For Every Personality Type.**

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**The Working Poor, Invisible In America**, David K. Shipler, 2005

**Think Again**, Adam Grant, 2021

**Thinking, Fast and Slow**, Daniel Kahneman, 2011

[16 Personalities Looking for a Job - YouTube](#)

[The Change Cycle by Ann Salerno and Lillie Brock ... - YouTube](#)

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[The Five Love Languages - Gary Chapman, PhD - YouTube](#)

[The Four Agreements: Don Miguel Ruiz - YouTube](#)

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[The Lexus and the Olive Tree - YouTube May 21, 2014](#)

[Finding Meaning in the Second Half of Life - YouTube](#)

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[The White Man's Burden | William Easterly | Talks at Goo... Apr 20, 2007](#)

[David Shipler '64: "The Working Poor: Invisible in ... Mar 24, 2009](#)

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<https://www.youtube.com/watch?v=pVjmYw-Dl2Y>

<https://www.youtube.com/watch?v=IRP18ozpcSc>

<https://youtu.be/gOzKjS-wy2o>

<https://www.youtube.com/watch?v=EBODOLwfYuQ>

<https://www.youtube.com/watch?v=Qle7fxzpWTE>

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**What Color is Your Parachute?**, Richard Bolles, 2016  
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**Why Men Don't Iron**, Anne & Bill Moir, 1999

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[The 9 Enneagram Personality Types Explained - Ian Cron](#)  
[Episode #72: What Color is Your Parachute with Gary Bolles](#)  
[What Makes You Not a Buddhist by Dzongsar Jamyang ...|Audible!](#)  
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<https://www.youtube.com/watch?v=KY2KFF4vxRc>

<https://www.youtube.com/watch?v=jYEwK2rWSuY>  
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**Boomerang**, Michael Lewis, 2011  
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[Michael Lewis On How Behavioural Economics Changed The ...](#)  
[Episode 727 | James Burke - YouTube](#)

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<https://www.youtube.com/watch?v=nbbLhD8K4WA>  
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[Why societies collapse | Jared Diamond - YouTube](#)

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<https://www.c-span.org/video/?159024-1/nothing-world>

[Giles Milton: Samurai William](#)  
[CHM Live | The Big Score: Silicon Valley From the Beginning](#)  
[The Innovators | Walter Isaacson | Talks at Google - YouTube](#)

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## Business and Economics

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**Abundance**, Peter Diamandis and Steven Kotler, 2012  
**Aftershock, Protect Yourself and Profit In the Next Global Financial Meltdown**, David Wiedemer, PhD, Robert Wiedemer, Cindy Spitzer, 2011

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<b>Bull By the Horns</b> , Sheila Bain	Na	
<b>Carpe Manana</b> , Peter Pritchett, www.pritchett.net/product/carpe-manana	Na	
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<b>Learning Curve: Definition, Theory (Graphs), and Examples</b> , 2021, Katherine Quan, www.gettingpeoplerright.com	Na	
<b>Money Well Spent?, The Truth Behind The Trillion Dollar Stimulus, The Biggest Economic Recovery Plan in History</b> , Michael Grabell, 2012	Na	<a href="https://www.c-span.org/program/book-tv/money-well-spent/273712">https://www.c-span.org/program/book-tv/money-well-spent/273712</a>
<b>Naked Statistics</b> , Charles Wheelan, 2015	<a href="#">Naked Statistics - Stripping the Dread from the Data - YouTube</a>	<a href="https://www.youtube.com/watch?v=cIbr_AksnAc">https://www.youtube.com/watch?v=cIbr_AksnAc</a>
<b>On business, economics, government, politics - Frontline</b>	Na	
<b>On Six Sigma</b> , <a href="http://www.6-sigma.com">www.6-sigma.com</a>	<a href="#">Lean Six Sigma: It's Not Just for Manufacturing Any More</a>	<a href="https://www.youtube.com/watch?v=ISZ8UZttiKs">https://www.youtube.com/watch?v=ISZ8UZttiKs</a>
<b>Reckless Endangerment</b> , Grechen Morgenson & Joshua Rosner, 2011	<a href="#">[Reckless Endangerment]   June 21, 2011   C-SPAN.org</a>	<a href="https://www.c-span.org/video/?300136-5/reckless-endangerment">https://www.c-span.org/video/?300136-5/reckless-endangerment</a>
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<b>The Outward Mindset, Seeing Beyond Ourselves</b> , The Arbinger Institute, 2016	<a href="#">The Outward Mindset Pattern (S.A.M.)   Arbinger Webinar</a>	
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