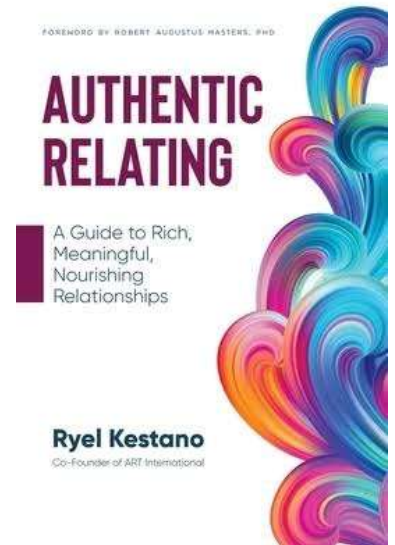


Suggested Reading List for Personal Development

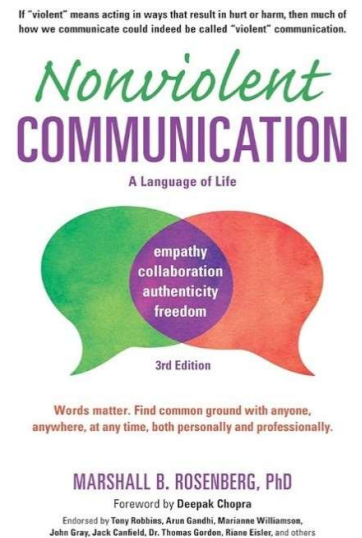
Authors: Gizem Duman and Paul Tofts

July 2026

1. **Authentic Relating - Ryel Kestano:** Authentic relating is about creating deeper, more honest and genuine connections by expressing your thoughts, feelings and needs openly while remaining curious about others. It encourages presence, empathy, and listening without assumptions or judgment. Strong relationships grow when people are genuine rather than trying to manage impressions.

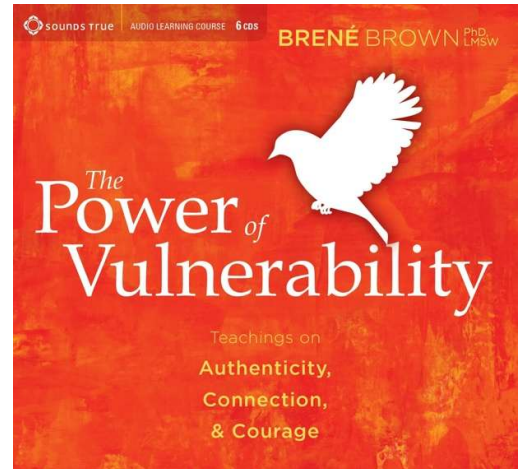


2. **Non-Violent Communication - Marshall B. Rosenberg:** This book teaches a communication framework based on observing without judgment, identifying feelings, recognizing needs, and making clear requests. Conflict becomes easier to resolve when people focus on unmet needs instead of blame or criticism. Compassionate communication strengthens both personal and professional relationships.

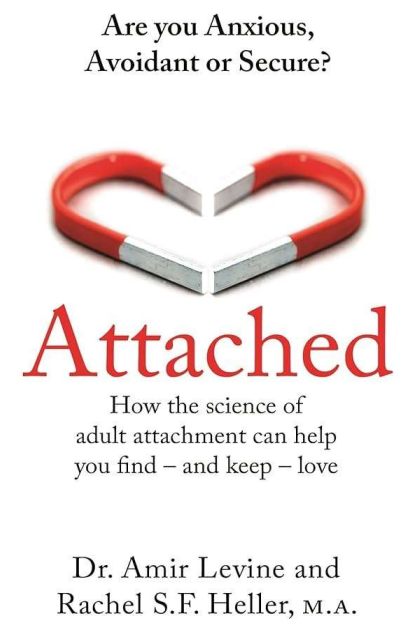


3. The Power of Vulnerability - Brené Brown:

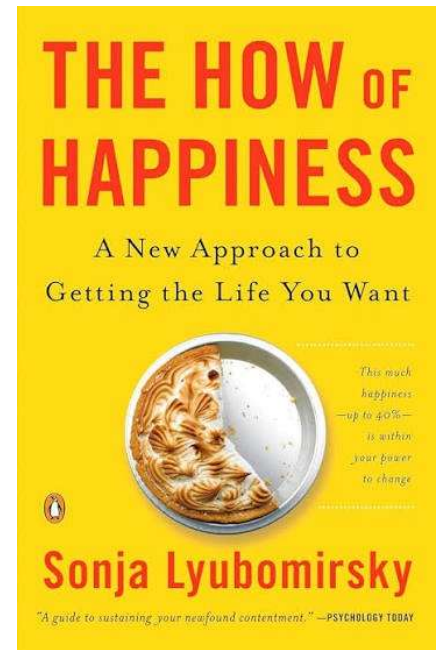
Vulnerability is not a weakness, it is the foundation of courage, trust, creativity and meaningful relationships. People who embrace uncertainty, imperfection and emotional openness tend to live more wholehearted and fulfilling lives. Shame loses its power when we practice self-compassion, authenticity, and courage to be seen as we truly are.



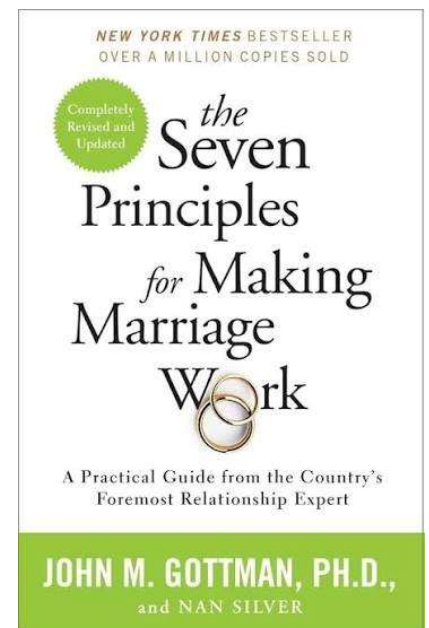
4. **Attached** - Amir Levine & Rachel Heller: People's romantic behaviours are largely shaped by secure, anxious or avoidant attachment styles. Understanding these patterns helps explain relationship dynamics and recurring conflicts. Building secure attachment leads to healthier, more stable relationships.



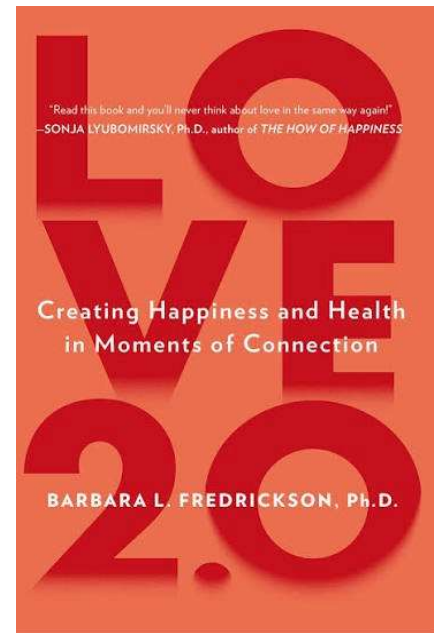
5. The How of Happiness - Sonja Lyubomirsky: Happiness is influenced less by circumstances than many people believe and more intentional habits. Practices like gratitude, kindness, optimism and nurturing relationships can sustainably increase well-being. Lasting happiness comes from consistent actions rather than major life events.



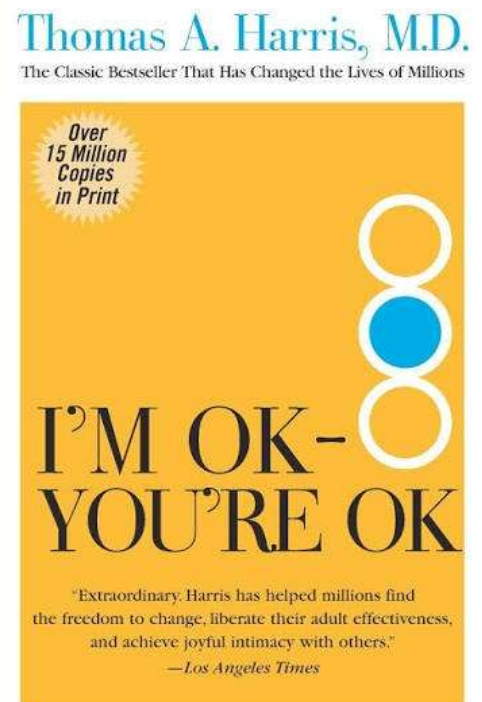
6. The Seven Principles for Making Marriage Work - John Gottman & Nan Silver: Healthy marriages are built through friendship, admiration, emotional responsiveness, and effective conflict management. Successful couples accept that some disagreements are perpetual and learn to navigate them respectfully. Small daily interactions matter more than occasional grand gestures.



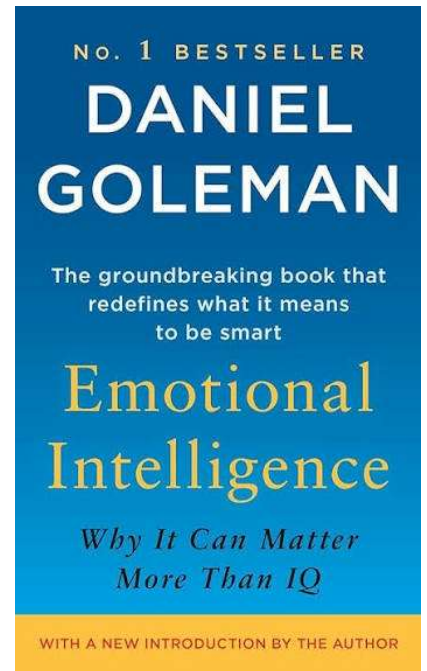
7. Love 2.0 - Barbara Fredrickson: Love is described as a series of brief moments of shared positive emotion and genuine connection, not just a long-term romantic state. These moments improve emotional health, resilience, and physical well-being. Love can be cultivated in everyday interactions with anyone, not only romantic partners.



8. I'm OK, You're OK - Thomas A. Harris: Using transactional analysis, the book explains how people shift between Parent, Adult and Child ego states during interactions. Many conflicts stem from unconscious communication patterns learned in childhood. Becoming aware of these patterns helps people communicate more rationally and build healthier relationships.



9. Emotional Intelligence - *Daniel Goleman*: Emotional intelligence includes self-awareness, self-regulation, empathy, motivation and social skills. These abilities often predict success in work and relationships as much or more than IQ. Emotional intelligence can be developed through practice and reflection.



10. Mating in Captivity - *Esther Perel*: Long-term relationships require balancing the need for security with the desire for novelty and excitement. Too much predictability can reduce passion, while maintaining individuality and mystery helps sustain attraction. Healthy intimacy depends on creating both closeness and space.

