



KATHY O's 300 books in 3 years

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KATHY.O
TAKE ACTION • CREATE CHANGE

This is almost a complete list of all the books I read during my immersive personal development journey starting in March 2023. After attending **Unleash the Power Within by Tony Robbins**, hearing he read 700 books over 7 years, I set myself the goal of reading 300 books in 3 years.

I simultaneously committed to completing a 1 year NLP certification with Tony Kaye, 2 year Breathwork training with Karina Kalilah, alongside empowerment coaching, maintaining my dietetic credential, and living a full life. I want to highlight this was not easy. It required many intentional sacrifices and relentless dedication at times. I wholeheartedly enjoy studying and learning. At some point, I decided to record all the books in one place out of my own curiosity. Maybe someone else would be curious too. When Tony Robbins named a book, I read it. When TK named a book, I read it. When Karina named a book, I read it. Such mentions, from the people who I looked up to in different areas of life - were most valuable to me.

Books I read came from Audible, Spotify, book stores, even community fridges packed with preloved books. I did not pre determine the list. I was led by the nature of my journey and the recommendations. I also read some beautiful conscious children's books during this time that I have not included in the list. Reading children's books became a practice I use to sit with my inner child, and inner teen.

Some books I read out of curiosity, some I only agreed with parts. Some were very difficult to read. Some seemed like a waste of time until that one sentence that allowed me a breakthrough moment. Let your attitude change as the situation unfolds. Stay curious and let your own philosophy develop. Question and choose what you agree with. Just because it is published, doesn't mean you have to agree with all of it. I have compartmentalised the books into themes, and want to add that a lot of them can be classified under multiple themes.

I highlighted some of favourites, start here.

Interestingly, my personal health and wellness philosophies including Flow to Wellness and Burnout To Blessing, were formed prior to reading books specific to the topics of women's health and healing from burnout. It was my own personal felt experience that led me to later delve deeper into the topics to cross reference, and see whether anyone has noticed what I had felt. I found parts of my experiences, and no integrated lens. This led to The **Embodiment Fractal Framework™ by Kathy O.**





MUST READS



HEALTH

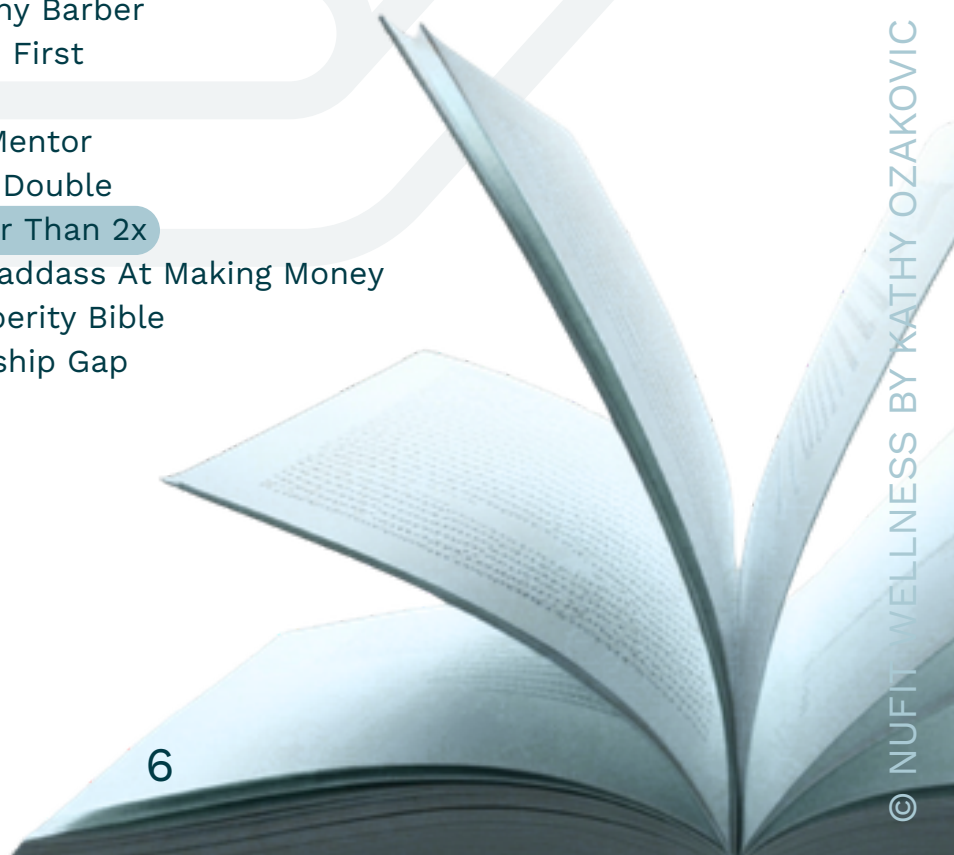
- 1.Shawn Stevenson and Sara Gottfried – Sleep Smarter
- 2.Matthew Walker – Why We Sleep
- 3.Shawn Stevenson – Eat Smarter
- 4.Catherine Shanahan – Deep Nutrition
- 5.Will Bulsiewicz – Fibre Fueled
- 6.Jason Lillis, JoAnne Dahl, Sandra M Weineland – The Diet trap
- 7.Time Spector – Spoon fed
- 8.Tim Spector – Food for life
- 9.Tom Brady – The TB12 Method
10. Michael Pollan – Caffeine
11. Anthony William – Medical Medium: Thyroid Healing
12. Simone Austin – Eat Like An Athlete
13. Elaine Gloria Gottschall – Breaking The Vicious Cycle
14. Emily and Amelia Nagoski – Burnout
15. Filipa Bellette – Ending Body burnout
16. Claire Ashley – The burnout doctor: Your 6-step recovery plan
17. Deborah Dana– Befriending Your Nervous System
18. David Gillespie – Brain Reset
19. Robert Sapolsky – Why Zebras Don't Get Ulcers
20. Faith G Harper – Unfuck Your Brain
21. Mike Dow – The Brain Fix
22. Anna Lembke – Dopamine Nation
23. Anastasia Hronis – The Dopamine brain
24. Garbor Mate – When The Body Says No
25. Gabor Mate – Scattered Minds
26. Gabor Mate – The Myth of Normal
27. Montgomery & Evans – You and Stress
28. Daniel Amen – You, happier
29. Mo Gawdat – Solve For Happy
30. Lise Van Susteren and Stacey Colino – Emotional Inflammation
31. Bassel van der Kolk – The Body Keeps Score
32. Marc Brackett – Permission to Feel



HEALTH

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33. Hugh van Cuylenburg – The Resilience Project
 34. Hugh van Cuylenburg – GEM
 35. Matt Walton – Emotional Intelligence
 36. Daniel Goleman – Emotional Intelligence
 37. Bradley Nelson – The Emotion Code
 38. Joe Dispenza – Becoming Supernatural
 39. Joe Dispenza – You Are The Placebo
 40. Deepak chopra – Metahuman
 41. Alisa Vitti – In The Flo
 42. Alissa Vitti – Woman Code
 43. Stacey T Sims – Roar
 44. Amantha Imber – The Health Habit
 45. Joseph Murphey – Heath Secrets From The Great Gurus
 46. Peter Attia and Bill Gifford – Outlive
 47. Tony Robins – Life Force
 48. Anodea Judith – The Chakra System
 49. Deepal Chopra – How To Know God
 50. Deepak Chopra – Quantum Healing
 51. Anondea Judith – Eastern Body, Western Mind
 52. Louise L Hay – Heal your body
 53. Libby Weaver – Fix Iron First
 54. Libby Weaver – Rushing Womans Sydnrome: The impact of a never ending to do list on your health

BUSINESS

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55. Napoleon Hill – Think and Grow Rich
 56. Steven Pressfield – Turning Pro
 57. Jim Rohn – The Power of Ambition
 58. Simon Sinek – Start With Why
 59. Bo Seo – Good Arguments
 60. The Jim Rohn Guide Complete Set (Audible)
 61. Steven Pressfield – Put Your Ass Where Your Heart Wants To Be
 62. Steven Pressfield – The Artists Journey
 63. Steven Pressfield – Nobody Wants to Read Your Shit
 64. Jim C. Collins – Good To Great
 65. Chris Voss – Never Split The Difference
 66. Napoleon Hill – Outwitting The Devil
 67. Stanley McChrystal – Team Of Teams
 68. Brian P Moran – The 12 Week Year
 69. Robert Herjavec – You Don't Have To Be a Shark
 70. Gino Wickman, Mark C Winters – Rocket Fuel
 71. Og Mandino – The Greatest Salesman in the World
 72. George S Clason – Richest Man In Babylon
 73. Robert T. Kiyosaki and Sharon Lechter – Rich Dad Poor Dad
 74. David Chilton – The Wealthy Barber
 75. Mike Michalowicz – Profits First
 76. Ray Dalio – Principles
 77. Grant Cardone – The 10x Mentor
 78. Cameron Herold – Double Double
 79. Dan Sullivan – 10x Is Easier Than 2x
 80. Jen Sincero – You Are A Baddass At Making Money
 81. Napoleon Hill – The Prosperity Bible
 82. Lolly Daskal – The Leadership Gap

HUMAN BEHAVIOUR

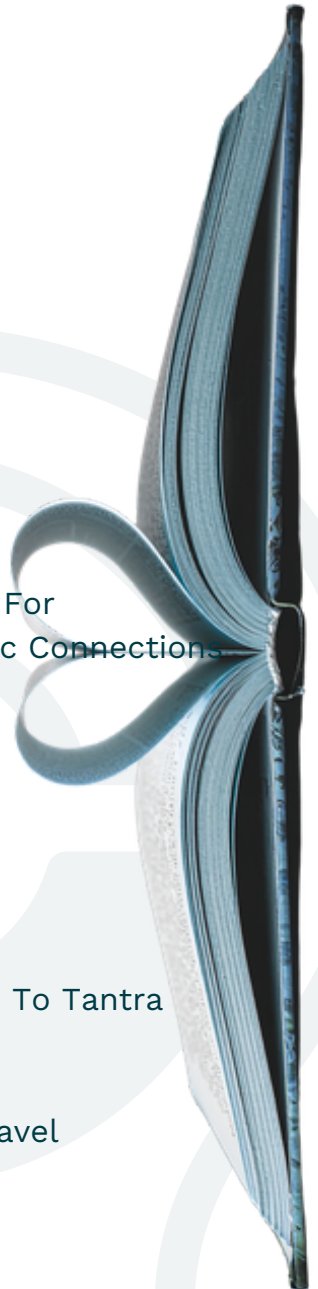
83. Chris Widener – The Art of Influence
84. Don Beck – Spiral Dynamics Integral
85. Ken Willber – A Brief History Of Everything
86. William Strauss and Neil Howe – The Fourth Turning
87. Steven Bartlett – The Diary Of A CEO
88. Daniel Kahneman – Noise
89. Ali Walker – Click or Clash
90. Alisson Friederchs Atkinson – How To Say It Differently
91. Marilee Adams – Change Your Questions, Change Your Life
92. Thomas Erikson – Surrounded by Idiots
93. Thomas Erikson – Surrounded by Vampires
94. Thomas Erikson – Surrounded by Narcissists
95. Louann Brizendine – The Female Brain
96. Louann Brizendine – The Male Brain
97. Louann Brizendine – The Upgrade
98. Daniel Amen – Supercharging the female brain
99. Jenara Nerenberg: Divergent Mind
100. Carolyn Elliot – Existential Kink
101. Steve Magness: Win The Inside Game
102. Bronnie Ware – The Top Five Regrets of the dying
103. Dr Benjamin Hardy – Be Your future Self Now
104. Malcolm Gladwell – Blink: The Power of Thinking Without Thinking
105. Malcolm Gladwell – The Tipping Point: How Little Things Can Make a Big Difference

RELATIONSHIPS

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106. Brene Brown – Atlas of the Heart
 107. Brene Brown – The Power of Vulnerability
 108. Marianne Williamson – A Return To Love
 109. Alison Armstrong – Celebrating love
 110. David Richo – How To Be An Adult In Relationships
 111. Alison A Amstrong – Keys to the kingdom
 112. Alison A Amstrong – The Queens Code
 113. Phil McGraw – Love Smart
 114. Gary Chapman – The 5 Love Languages
 115. Gary Chapman – The 5 Love Languages of Teenagers
 116. Gary Chapman – The 5 Love Languages of Children
 117. Gary Chapman – The 4 Seasons Of Marriage
 118. Jay Shetty – 8 Rules of Love
 119. Willard F Harley Jr – His Needs, Her Needs
 120. Sue Johnson – Hold Me Tight
 121. Harriet Lerner – The Dance Of Intimacy
 122. John M Gottman – The Science Of Trust
 123. John Gottman – Fight Right
 124. John Gottman – The 7 Principles Of Making Marriage Work
 125. Lissy Abrahams – Relationship Reset
 126. Jillian Turecki – It Begins With You: 9 hard truths about love
 127. Kathryn Mannix – Listen
 128. Matthew Hussey – Love Life: How to raise your standards, find your person and live happily (no matter what)
 129. Yung Pueblo – How To Love Better
 130. Erich Fromm – The Art Of Loving
 131. Ramani Durvasula – It's Not You
 132. Ramani Durvasula – Should I Stay Or Should I Go
 133. Lewis Howes – The Mask Of Masculinity
 134. David Deida – The Way Of The Superior Man
 135. Don Miguel Ruiz - The Four Agreements
 136. Don Miguel Ruiz – The Fifth Agreement
 137. Don Miguel Ruiz – The Mastery Of Love
 138. Don Miguel Ruiz – The 7 Secrets to Healthy, Happy Relationships
 139. Anne Kathrine – Where To Draw The Line

RELATIONSHIPS

140. Nedra Glover Tawwab – Set boundaries, Find Peace
141. Nedra Glover Tawwab – Drama Free
142. Dr Scott Lyons – Addicted To Drama
143. Kate Rose – You Only Fall In Love Three Times
144. Nader Khalili – Love Poems Of Rumi
145. Butterflies Rising – She's Flowers and Fire
146. Butterflies Rising – Wild Spirit, Soft Heart
147. Rupi Kaur – Milk and Honey
148. Rupi Kaur – The Sun and Her Flowers
149. Ginger Dean – Loving Me After We
150. Cheryl Strayed – Tiny Beautiful Things
151. Caroline Myss – Sacred Contracts
152. Kylie Zeal – Dance On The Ashes
153. Elizabeth Earnshaw – I Want This To Work
154. Richard Schwartz – You Are The Own You've Been Waiting For
155. Nova Doyle – The Inner Work of Relationships for Authentic Connections
156. Joseph Grenny – Crucial Conversations
157. Melody Beattie – Journey To The Heart
158. Thich Nhat Hanh – How to Connect
159. Thich Nhat Hanh – How To Listen
160. Thich Nhat Hanh – How To Love
161. Emily Nagoski – Come As You Are
162. Emily Nagoski – Come Together
163. Lama Thubten Yeshe and Jonathan Landaw – Introduction To Tantra
164. Niyaso Carter – Tantra, Sex for the soul
165. Nicole Daedone – Slow Sex
166. Aya Coham – The Alchemy of Tantra, Relationships and Travel
167. Annie Sprinkle – Urban Tantra
168. Esther Perel – Mating in Captivity
169. Peggy J Kleinplatz – Magnificent Sex
170. David L. Bradford and Carole Robin – Connect: Building Exceptional Relationships with Family, Friends and Colleagues
171. John and Julie Gottman - Eight Dates: Essential Conversations for a Lifetime of Love



PARENTING

172. Deepak Chopra – The Seven Spiritual Laws for Parents

173. Shefali Tsabary – The Parenting Map

174. Shefali Tsabary – The Conscious Parent

175. Serene McLaren – Raising an Emotionally Intelligent Child

176. John Gottman – Raising an Emotionally Intelligent Child

177. Daniel Amen – Raising Mentally Strong Kids

178. Richard Schwartz – Introduction to Internal Family systems

179. Richard Schwartz – No Bad Parts

180. Richard Schwartz – Somatic Internal Family Systems Therapy

181. Gabor Mate – Hold on to your Kids

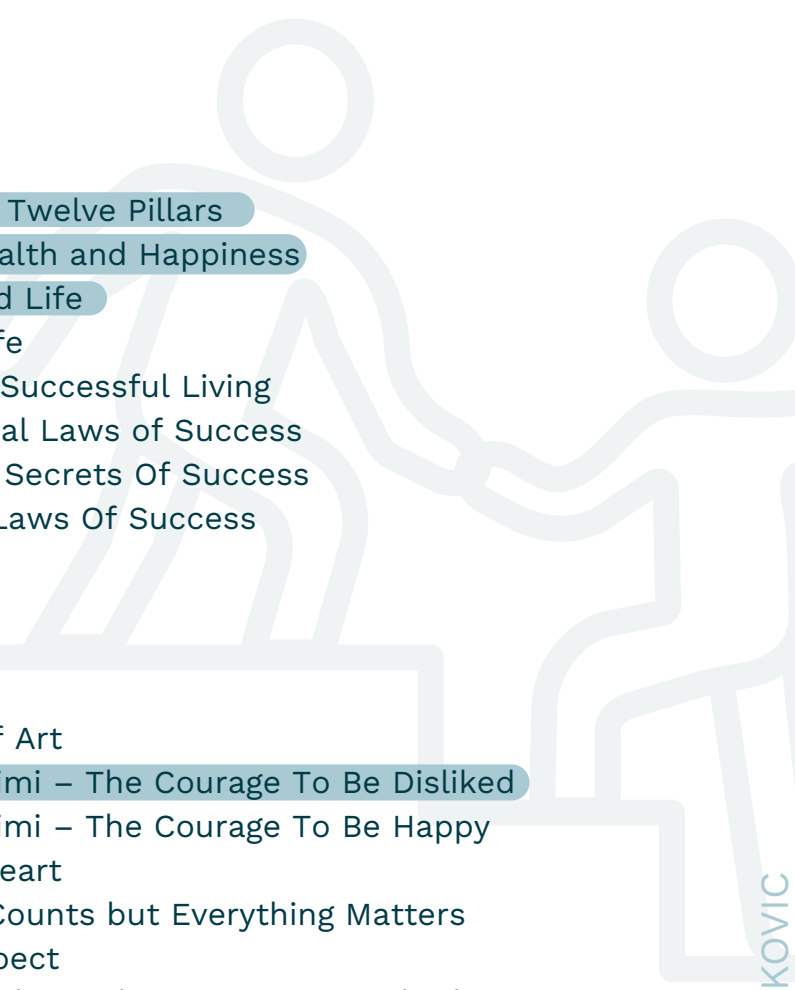
182. Norman Vincent Peale – The Power Of Positive Thinking for Young People

183. Oliver James – How Not To Fuck Them Up

184. Jeffrey Arnett – Adolescence and Emerging Adulthood: The Winding Road From The Late Teens Through The Twenties



LEADERSHIP

- 
185. Jim Rohn and Chris Widener – Twelve Pillars
 186. Jim Rohn – 7 Strategies of Wealth and Happiness
 187. Jim Rohn – Leading an Inspired Life
 188. Jim Rohn – The Seasons Of Life
 189. Jim Rohn – The Philosophy of Successful Living
 190. Deepak Chopra – The 7 Spiritual Laws of Success
 191. William Walker Atkinson – The Secrets Of Success
 192. Herbert w Armstrong – The 7 Laws Of Success
 193. Tony Robbins – The Path
 194. Tony Robbins – Unshakale
 195. Brene Brown – Daring Greatly
 196. Brene Brown – Strong Ground
 197. Steven Pressfield – The War of Art
 198. Fumitake Koga and Ichiro Kishimi – The Courage To Be Disliked
 199. Fumitake Koga and Ichiro Kishimi – The Courage To Be Happy
 200. Kirstin ferguson – Head and Heart
 201. Ivan Cleary – Not Everything Counts but Everything Matters
 202. Osho – The Magic Of Self Respect
 203. Matthew Syed – Black Box thinking: The Surprising Truth About Success
 204. Mark Miller – Uncommon Greatness
 205. Maki Moussavi – The High Achiever's Guide
 206. Daniel Murray – The Empathy Gap
 207. Mike Michalowicz – All In: How Great Leaders Build Unstoppable Teams
 208. Dan Sullivan and Benjamin Hardy – Who Not How

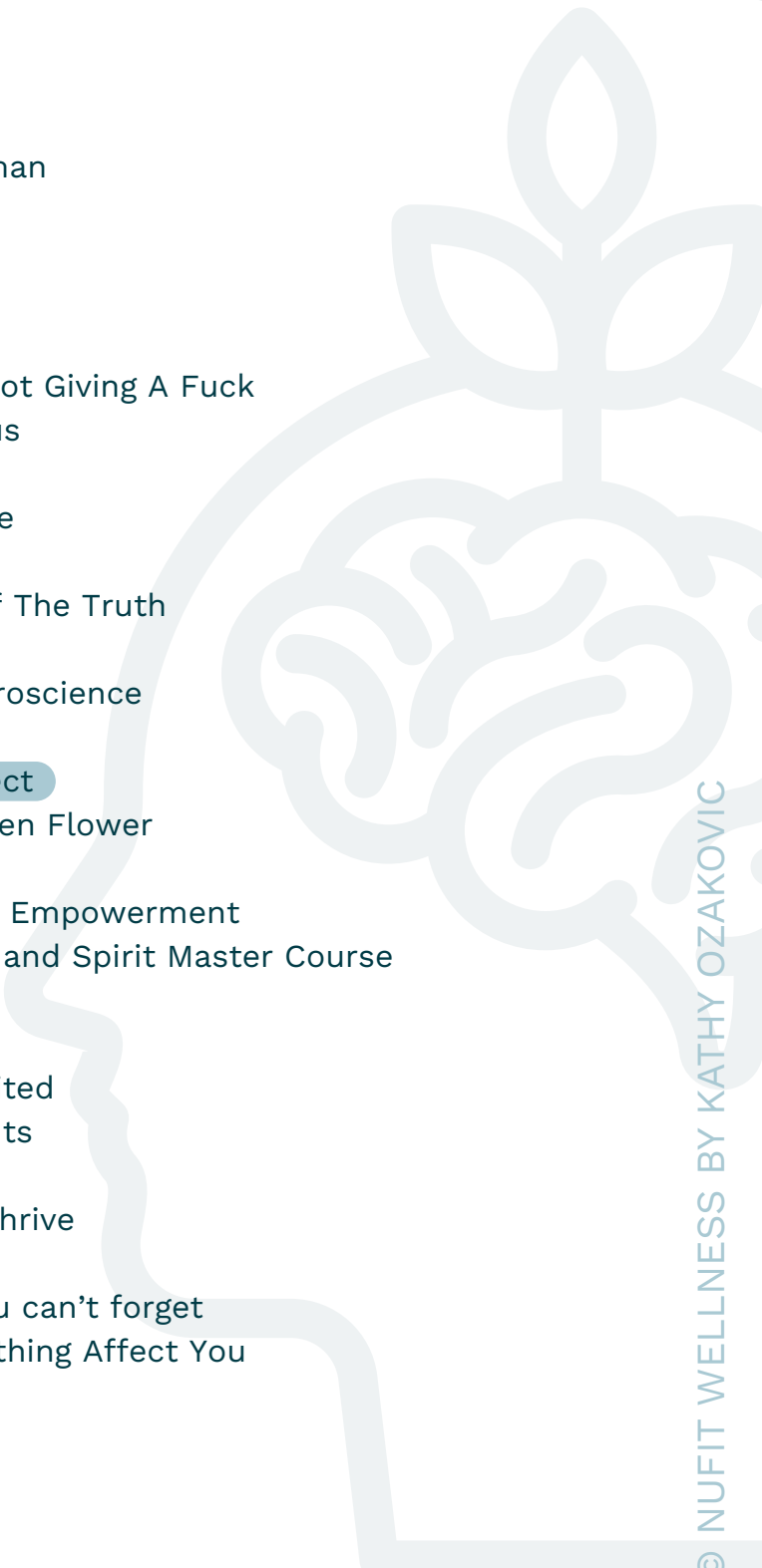


MINDSET

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- 209. Ali Walker – Get Conscious
 - 210. Anthony de Mello – Awareness
 - 211. Marie Forleo – Everything is Figureoutable
 - 212. Claude M Bristol – The Magic of Believing
 - 213. Wayne W Dyer – The Power of Intention
 - 214. Shakti Gawain – Living In The Light
 - 215. Maxwell Maltz – Psycho-Cybernetics
 - 216. Gay Hendricks and Carol Kline – Conscious Luck
 - 217. Michael Hyatt and Daniel Harkavy – Living Forward
 - 218. Dr Dan Pronk, Ben Pronk and Tim Curtis – The Resilience Shield
 - 219. Steven C Hayes – Acceptance and Commitment Therapy
 - 220. Brianna Wiest – The Mountain Is You
 - 221. Laura Hill – Neuroplasticity
 - 222. Laura Hill – Overthinking
 - 223. Chloe hayden – Different, Not less
 - 224. James Clear – Atomic Habits
 - 225. Brendan Burchard – High Performance Habits
 - 226. Brendon Burchard – The 6 Habits of Growth
 - 227. Jeff Olson – The Slight Edge
 - 228. Stephen R Covey – The 7 habits of Highly Effective People
 - 229. Byron Katie – Loving What Is
 - 230. Byron Katie and Stephen Mitchell – A Mind At Home With Itself
 - 231. Martha Beck – The Way Of Integrity
 - 232. Matthew McConaughey – Greenlights
 - 233. Jay Shetty – Think Like A Monk
 - 234. Shakti Gawain – Creative Visualisation
 - 235. John Demartini – The Gratitude Effect
 - 236. Robert Glazer and Stewart Friedman – Elevate
 - 237. Ryan Holiday – Courage Is Calling
 - 238. Ryan Holiday – Discipline Is Destiny



MINDSET

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- 239. Gar Hendricks – The Big Leap
 - 238. Ant Middleton – Mental Fitness
 - 239. Ed Mylett – The Power of One More
 - 240. Steven Kotler – The Rise Of Superman
 - 241. Angela Duckworth – Grit
 - 242. William James – Pragmatism
 - 243. James Allen – As A Man thinketh
 - 244. Charlie Hoehn – Play It Forward
 - 245. Mark Manson – The Subtle Art Of Not Giving A Fuck
 - 246. Thich Nhat Hanh – No mud, No lotus
 - 247. Malcome Gladwell – Outliers
 - 248. William W Atkinson – Thought Force
 - 249. Jocko Willink – Extreme Ownership
 - 250. Backus & Chapian – Telling Yourself The Truth
 - 251. Carol Dweck – Mindset
 - 252. Ray Clear – Self Discipline The Neuroscience
 - 253. Steve Magness – Do Hard Things
 - 254. Darren Hardy – The Compound Effect
 - 255. Carl Jung – The Secret Of The Golden Flower
 - 256. Gregg Braden – The Wisdom Code
 - 257. Gregg Braden – The Science Of Self Empowerment
 - 258. Gregg Braden – The Health, Wealth and Spirit Master Course
 - 259. Gregg Braden – The Divine Matrix
 - 260. Kemi nekvapil – Power
 - 261. Michel E Gerber – The E Myth Revisited
 - 262. Kylie Zeal – Seven Freedom elements
 - 263. Marcus Aurelius – Meditations
 - 264. Christina Star – Recover, Rebuild, Thrive
 - 265. Adam Grant – Think Again
 - 266. Lysa TerKeurst – Forgiving what you can't forget
 - 267. Daniel Chidiac – Stop Letting Everything Affect You
- 

SPIRITUALITY

- 268. Michael A singler – Living Untethered
- 269. Michael A Singer – The Untethered Soul
- 270. Michael A Singer – The Surrender Experiment
- 271. David R Hawkins – In The World But Not Of It
- 272. Sam Harris – Waking up: Searching for spirituality without religion
- 273. Wayne W Dyer – Real Magic
- 274. Esther and Jerry Hicks – Ask And It Is Given
- 275. Radhanath Swami – The Journey Home
- 276. Gregg Braden – Speaking the lost languages of God
- 277. Gregg Braden – Pure Human
- 278. Sahvanna Arienta – Lightworker's Guide to the Astral Realm
- 279. James P. Lowry – Lucid Dreaming & Astral Projection Collection
- 280. Pieter Elsen – When Souls Awaken
- 281. Pam Grout – E-Cubed
- 282. Rick Strassman – DMT The Spirit Molecule
- 283. Mark Anthony – The Afterlife Frequency
- 284. The Kybalion



SPIRITUALITY

- 285. William Walker Atkinson – Mystical Christianity
- 286. Neal Lozano – Unbound
- 287. CS Lewis – Mere Christianity
- 288. Meggan Watterson – Mary Magdalene Revealed
- 289. Eckhart Tolle – The Power Of Now
- 290. Deepak Chopra – Living In The Light
- 291. Allan Watts – Become What you Are
- 292. Charlie Morley – Dreaming Through Darkness
- 293. Charlie Morley – Do the Shadow Work
- 294. Elizabeth Gilbert – Big Magic
- 295. Robert A Johnson – Inner work
- 296. Paulo Coelho – The Alchemist
- 297. Paulo Coelho – The Pilgrimage
- 298. Paulo Coelho – Like The Flowing River
- 299. Clarissa Pinkola Estes – Women Who Run With The Wolves
- 300. Viktor E Frankl – Man's Search For Meaning
- 301. Jenay Zapparelli - The Age Of Aquarius: A practical guide to bringing 5D alive



BREATHWORK

302. James Nestor – Breath

303. Dan Brule and Tony Robbins – Just Breathe

304. Patrick McKeown – The Oxygen Advantage

305. Wim Hof – The Wim Hof Method

306. Fanny Van Laere and Leonard Orr – Manual for rebirthers

OTHER/ INTEREST

307. Peter Wohlleben – The Hidden Life Of Trees

308. Kevin Behan – Your Dog Is Your Mirror

ABOUT KATHY O and NuFit Wellness

Health and Wellness Consultant, Facilitator, founder of NuFit Wellness Coaching and Mentoring Kathy Ozakovic, with a background in clinical nutrition, dietetics, went on a journey of self-discovery to become a Breathwork Practitioner, and so much more. In Australia, Kathy worked on the wards of a rural NSW hospital, and Sydney metropolitan private practice. Having seen and experienced the effects of illness, she felt her energy and enthusiasm for health was more useful in the space of Lifestyle Medicine.

Kathy believes setbacks are stepping stones towards success. Her positive attitude and strong faith often inspire others to turn obstacles into opportunities. “I have experienced a lot of change throughout my life which came with challenges. Moving countries, witnessing various physically and mentally debilitating illnesses, overcoming an eating disorder, breast implant illness and explant surgery, disentangling from co-dependent and narcissistic relationships. These experiences provided me with a great level of compassion and empathy, whilst installing firm boundaries, and a sense of ownership, accountability and self-responsibility. I get it. Change is not always easy. With the right support, it can be easeful.”



ABOUT KATHY O and NuFit Wellness

NuFit Wellness principles are backed by science, a blend of Eastern and Western medicine as Kathy O believes there is a time and place for both. “Health, wealth and thriving relationships are your birthright. Your body has an innate ability to heal, it knows what to do. Our job is to help it remember health by removing interferences and creating a nurturing and nourishing environment. Take action, create change. It all starts with self.”

Kathy O supports people to understand the physical symptoms they experience include yet go beyond the biology of the body. On a mission to inspire you to become an action taker and create lasting change through awareness, breath and conscious choices. NuFit Wellness principles help the body heal, rest and recover to grow back stronger and more resilient.

Kathy O says NuFit Wellness is ‘in the business of returning people to a regulated parasympathetic nervous system’ using the Nervous System Embodiment Theory and Dynamic Embodiment Integration Model coined by Kathy O. This leads to disease symptom remission including thyroid, gut health, fertility, and autoimmune challenges.

The NuFit Wellness Health Philosophy is holistic and comprehensive. Embracing the teachings of epigenetics, Kathy believes behaviour and gene expression follow emotion. This is how Kathy O came to develop the NuFit Wellness Embodiment Fractal Framework™, Burnout 2 Blessing Method™, The TACC Strategy™, and The Inner Mastery Model™ which guide individuals towards emotional mastery to create lasting change.

NuFit Wellness addresses the fundamentals to health grounded in the principles of the NuFit Wellness 7 Pillars To Wellness, and supports individuals understand the ‘how to’ of living life well. Health does not happen by accident; it is in the choices we make. When told by a friend “you really live life well” Kathy responded with: “and I want to show others they can to”.

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