

# *Jumpstart*

## RESOURCE MATERIAL

*by Daniela Ullmann*

## Podcasts

- *“Super Soul Conversations” - Oprah*
- *“The Tony Robbins Podcast” - Tony Robbins*
- *“Happy, holy & confident” - Laura Malina Seiler (in German only)*

## YouTube Channel

- **Be Inspired** - *Motivational Videos for Success & Personal Development*
- **Marie Forleo** - *Provides tips for living life to the fullest, and turning your dreams into a profitable reality.*
- **Tom Bilyeu** - *Believes human potential is limitless. With his YouTube channel, he introduces people and ideas that will help to execute on your dreams.*
- **Mady Morrison** - *Perfect Yoga channel for you morning or evening yoga routine.*

# Books

## **The Five Second Rule - Mel Robbins (2017)**

How to transform your life in 5 seconds

Genre: Empowerment, self-help

<https://melrobbins.com/blog/five-elements-5-second-rule/>

## **The Universe Has Your Back - Gabrielle Bernstein (2016)**

Transform Fear to Faith

Genre: Self-help, spirituality

<https://gabbybernstein.com/know-universe-back/>

## **The Secret - Rhona Bryne (2007)**

The law of attraction

Genre: Self-help, spirituality

<https://www.theseecret.tv/title/the-secret/>

## **Women, Work and the Will to Lead - Sheryl Sandberg (2013)**

Success for Women in the workplace

Genre: Biography, Empowerment

<https://leanin.org/book>

## **Judgment Detox - Gabrielle Bernstein (2018)**

Release the Beliefs That Hold You Back from Living A Better Life, Step-by-step guide to free yourself from judging yourself and others.

Genre: Self-help, spirituality

<https://gabbybernstein.com/judgment-detox-blog/>

# Movies

## **The Secret (2006)**

*The law of attraction.*

## **Heal Documentary (2017)**

*Demonstrates how the human body is capable of.*

## **I'm not your Guru (2016)**

*Documentary that goes behind the scenes of Tony Robbins' seminar "Date with Destiny" to give an insider look at how one man can affect millions.*

READY

TO

*Jumpstart  
to success?*

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*[www.jumpstart-to-success.com](http://www.jumpstart-to-success.com)*