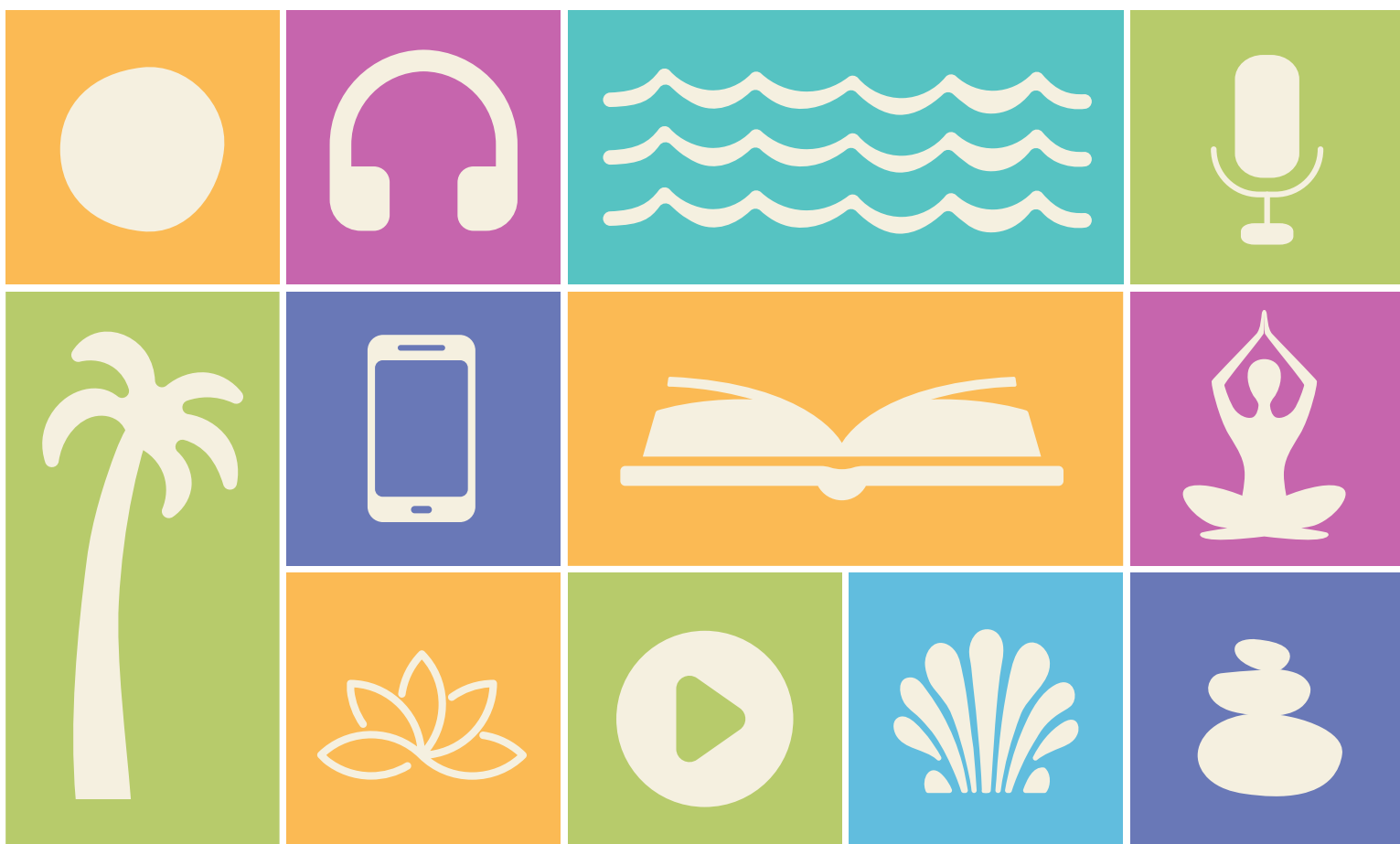


# SUMMER REFRESH

Summer Recommendations from  
Anderson Willinger

Top picks for reading, watching,  
listening, and entertainment



#### CONTACT US

e: [care@andersonwillinger.com](mailto:care@andersonwillinger.com)  
m: +420 731 440 081  
[andersonwillinger.com](http://andersonwillinger.com)

#### WE ARE IN THE FLOW

The Flow Building  
Václavské náměstí 47 / 110 00 Prague 1  
Czech Republic

The summer months and holiday time offer the **perfect opportunity to slow down**, catch up on what we've missed, and clear our minds. Why not take advantage of this **time to recharge with fresh inspiration**?

The Anderson Willinger Team has picked a **selection of the most engaging current bestsellers, podcasts, and documentaries** that offer new perspectives. **Get inspired by recommendations from top leaders**, who know where to tap into fresh energy, innovative ideas, and new directions.

So dive in and start exploring – whether you're looking to refresh your mind, nurture your soul, or spark a new business idea!



### 33 BOOKS

For the development of your career, life, and soul.



### 21 DOCUMENTARIES



### 20 PODCASTS

for inspiration and motivation



### 14 APPS

To entertain to you, but also for growth

## BONUS CONTENT



### SUMMER AI REFRESHER

Want to spend part of your summer getting quickly up to speed with AI? We've got a handy list of tips showing that artificial intelligence doesn't have to be complicated – in fact, it can be practical, fun, and inspiring.



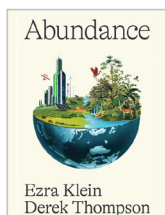
### BREATHE AND RELAX

Summer is the perfect time to slow down, breathe, and give your body and mind a true rest. Qigong – an ancient Chinese practice combining breath, movement, and inner energy – can help. We've added some simple inspiration to help you get started, so summer can not only flow, but also heal.



## WHAT TO START READING?

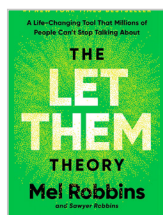
Dive into a selection of the best-selling books of the past two years and discover the one that truly resonates with you – carefully chosen by the Anderson Willinger team.



### Abundance

Ezra Klein | 2025

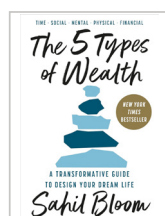
The book offers a bold vision of a society unafraid of growth, innovation, and building a better future.



### The Let Them Theory

Mel Robbins | 2024

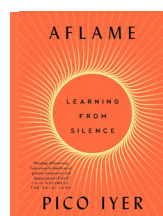
Offers a simple but effective approach to stop stressing about what others are doing and focus on your own peace, freedom, and personal growth.



### The 5 Types of Wealth

Sahil Bloom | 2025

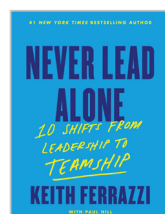
Describes five types of wealth – financial, social, physical, spiritual, and time – and shows how to develop them for a balanced and fulfilling life.



### Aflame: Learning from Silence

Pico Iyer | 2025

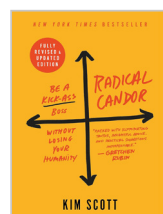
Explores the power of silence and solitude, which bring deep peace and understanding of life.



### Never Lead Alone

Keith Ferrazzi | 2024

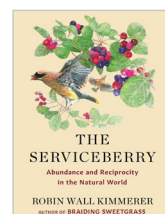
Shows how collaboration, openness, and relationship-building lead to successful and sustainable leadership in today's connected world.



### Radical Candor

Kim Scott | 2019

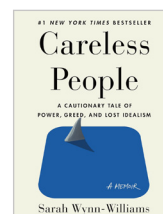
Presents an effective leadership approach that combines honesty with care for others and helps build open and trustworthy working relationships.



### The Serviceberry

Robin Wall Kimmerer | 2024

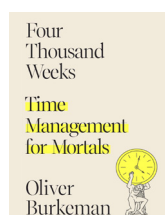
A poetic and profound reflection on how we could replace a profit-driven economy with an economy of reciprocity – inspired by nature, gifts, and mutual care.



### Careless People

Sarah Wynn-Williams | 2025

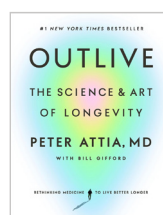
A bold insider memoir that reveals how Facebook (Meta), in pursuit of growth at any cost, ignored ethics, supported powerful interests, and suppressed unsettling truths.



### Four Thousand Weeks

Oliver Burkeman | 2021

Focuses on the limited time we have in life (about 4,000 weeks) and offers fresh perspectives on how to live more meaningfully and embrace our limits.



### Outlive

Peter Attia MD | 2023

Offers a new perspective on longevity and disease prevention – focusing on nutrition, exercise, sleep, and mental health as keys to a longer, better life.

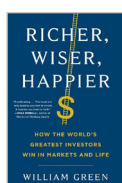




## WHAT INSPIRED MICHAL KURKA

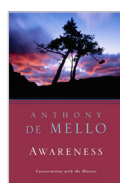
Owner and GM, Sentinel IS

Michal Kurka is the founder and owner of the investment group Sentinel Capital, a.s., a family office that today oversees 16 companies across private equity, industry, fund structures, search funds, and real estate. He builds on the legacy of the Prosperita group and focuses on long-term ownership of businesses with an emphasis on stable growth and strategic management.



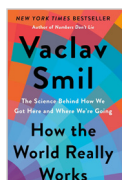
### Richer, Wiser, Happier William Green | 2021

Addresses not only the questions of successful investing but especially the art of living well, through stories of investment giants from recent decades.



### Awareness Anthony De Mello | 2005

A book by a famous Indian Jesuit priest about perceiving truth and achieving inner peace and integrity.



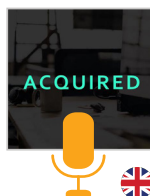
### How the World Really Works Václav Smil | 2022

Humanity has never had as much information available as it does today, yet few truly understand how the world really works.



### Letters to Shareholders from Warren Buffett 1977-2016

Written in a very straightforward and often humorous style, these letters provide a window into Buffett's investment philosophy, company performance, and views on broad economic trends.



### Acquired Podcast Ben Gilbert and David Rosenthal

"Deep dives" into the greatest business successes of our time, a podcast now beloved on Wall Street.

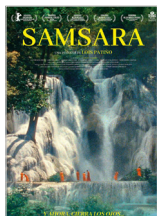


## IF OUR AND MICHAL'S PICKS AREN'T ENOUGH

<b>The Psychology of Money</b>	Morgan Housel		2021
<b>INNER EXCELLENCE:</b> Train Your Mind for Extraordinary Performance and the Best Possible life	Jim Murphy		2020
<b>Conquering Crisis:</b> Ten Lessons to Learn Before You Need Them	Admiral William H. McRaven		2025
<b>The Great Engagement:</b> How CEOs Create Exceptional Cultures	Tom Willis, Brad Zimmerman		2024
<b>Endurance:</b> Shackleton's Incredible Voyage	Alfred Lansing		2015
<b>Factfulness</b>	Hans Rosling		2018
<b>Mindf*ck:</b> The Science of Failing Well	Christopher Wylie		2019
<b>The Monk Who Sold His Ferrari</b>	Robin Sharma		1999
<b>Managing Up:</b> How to Get What You Need from the People in Charge	Melody Wilding		2025
<b>We Who Wrestle With God:</b> Perceptions of the Divine	Jordan B. Peterson		2024

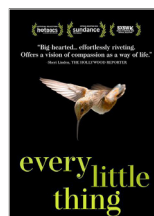


## WHAT TO WATCH?



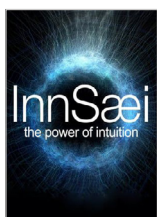
### ▶ Samsara (2012)

Samsara is a visually captivating documentary that captures the cycles of life, death, and rebirth across different cultures and corners of the world without using words.



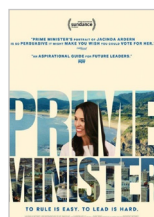
### ▶ Every Little Thing (2024)

A touching documentary follows Terry Masear, who tirelessly cares for injured hummingbirds in busy Los Angeles – rescuing, treating, and helping them return to the wild.



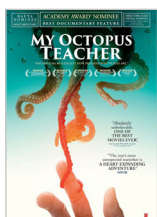
### ▶ InnSaei (2016)

InnSaei: The Power of Intuition is a poetic and visually captivating documentary that takes you on a journey around the world, seeking a deeper connection with the “sea within” – our intuition.



### ▶ Prime Minister (2025)

It documents Jacinda Ardern’s tenure as Prime Minister of New Zealand, her crisis management, and her reshaping of global leadership through an empathetic yet decisive approach.



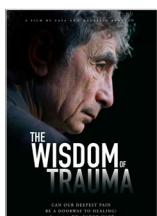
### ▶ My Octopus Teacher (2020)

A touching documentary about the unusual friendship between a filmmaker and an octopus, revealing the beauty of the underwater world and a deeper connection between humans and nature.



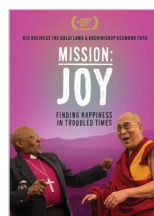
### ▶ The Mind, Explained (2019)

It takes you on a fascinating journey into the human brain, revealing scientific insights about memory, dreams, anxiety, mindfulness, and other mysteries of our mind.



### ▶ The Wisdom of Trauma (2021)

It presents a vision of a society that, instead of suppressing symptoms or making quick judgments, seeks deeper understanding by addressing root causes in the soul, trauma, and unmet needs.



### ▶ Mission: Joy (2021)

An inspirational documentary about the friendship between the Dalai Lama and Archbishop Tutu, who, despite suffering, spread messages of joy, hope, and forgiveness.



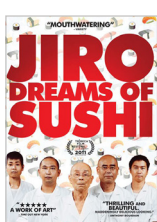
### ▶ Inside Bill's Brain (2019)

A fascinating look into the mind of Bill Gates – the world-famous billionaire reveals his role models, inner motivation, and bold goals he tirelessly pursues.



### ▶ Hack Your Health (2024)

An informative yet lighthearted documentary that explores the complexities of the digestive system and its key role in maintaining overall health and well-being.



### ▶ Jiro Dreams of Sushi (2011)

A documentary that delves into the life and art of Jiro Ono, the legendary sushi master. It reveals his unwavering dedication, precision, and the deep philosophy behind his masterful craft.



### ▶ Here to Climb (2024)

A captivating story of world-class climber Sasha DiGiulian, who rose from a child prodigy to a legendary master — the first woman in history to conquer some of the most impressive rock faces in the world.

INTERESTING PICKS FROM  
**KLÁRA STARKOVÁ**

COO, MONETA Money Bank



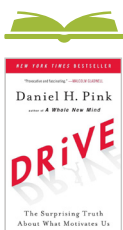
Klára is the COO and a board member of MONETA Money Bank. She previously worked as a Partner at McKinsey, held senior roles at Generali CEE/PPF, and was a director at Accenture, where she advised leading financial institutions in Central Europe. She is listed among the Most Influential Women in the Czech Republic 2024 and is known for her passion for technology, strategic thinking, and support for diversity.

**TED TALK:**  
**The power of vulnerability**  
Brené Brown | 2010

In a touching and humorous talk, she shares a profound insight from her research that led her on a personal journey of self-discovery and understanding humanity.

**TED TALK:**  
**How to Start a Movement**  
Derek Sivers | 2010

Using surprising footage, Derek Sivers explains how social movements really begin.

**Drive: The Surprising Truth About What Motivates Us**  
Daniel H. Pink | 2011

The author shows in this book that the key to performance and satisfaction is the need for freedom, learning, and meaningful growth.

**The Fairy Tale of the Lost Land**  
Radvan Bahboub | 2018

The fairy tale The Lost Land shows that even the worst situations can be fought and resolved if you have courage.



## A REFLECTION BY ANDERSON WILLINGER



## Tomas Chamorro-Premuzic | 2013

Why are there so few women in leadership positions? Popular explanations range from the idea that women simply aren't capable of being leaders to the notion that women just don't want to be. However, according to the author, the lack of women in leadership roles has less to do with the women themselves and more to do with how we understand the traits that are considered typical of leadership.





## LISTENING INSPIRATION

### Mel Robbins | Mel Robbins



The podcast offers inspiring advice and simple tools to improve your life, relationships, and self-confidence. Mel shares practical tips on how to move forward.

▶ **April 2025** | A Process for Finding Purpose: Do THIS to Build the Life You Want

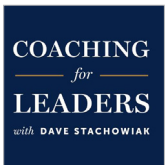
### Masters of Scale | Reid Hoffman, Jeff Berman



Occasionally chaotic but always inspiring stories about how exceptional leaders build companies to astonishing heights — and the insights you need to join them at the top.

▶ **April 2025** | Finding opportunity in volatility, GE Vernova's CEO Scott Strazik

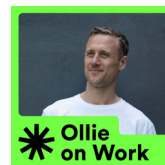
### Coaching for Leaders | Dave Stachowiak



A podcast for managers and leaders who want to improve their people leadership skills. Each week, it delivers practical advice, expert interviews, and concrete tools for effective leadership.

▶ **November 2023** | The Questions to Help Figure Out Hybrid and Remote Work, with Jim Harter

### Ollie on Work | Ollie Henderson



It explores the power of entrepreneurial thinking, career growth, and bold leadership through inspiring stories and practical strategies for success in today's world.

▶ **April 2024** | Isabel Berwick: The Future-Proof Career

### Hidden Brain | Shankar Vedantam



A podcast exploring how unconscious thought and behavior shape our daily lives through psychology, neuroscience, and social science stories.

▶ **May 2025** | Do I Know You? (A Hidden Brain-Revisionist History Special)

### Huberman Lab | Andrew Huberman, Ph.D.



It delivers clear, science-based insights from neuroscience. Andrew offers practical advice and strategies to improve health, sleep quality, and overall performance in daily life.

▶ **June 2025** | How to Grow From Doing Hard Things | Michael Easter

### Proti Proudů | Dan Tržil 🇨🇪



A Czech podcast for those who believe that the only limit in their life is themselves. Inspiring interviews with people who go against the grain and break stereotypes.

▶ **June 2025** | Simona Kijonková about investing, entrepreneurship, and a new vision

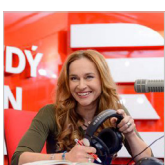
### Brocast | Adam a Tomáš Dunovští 🇨🇪



A podcast featuring deep, open talks with fascinating people, sharing authentic stories and fresh inspiration across diverse topics.

▶ **January 2020** | Psychologist, coach, and expert in negotiation and manipulation – Martin Konečný

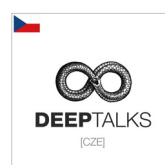
### Radiožurnál | Lucie Výborná 🇨🇪



It brings interesting personalities who speak openly and expertly about topics they truly understand.

▶ **May 2025** | Wisdom in pain must be learned to listen to – Vilma Cibulková

### Deep Talks | Petr Ludwig 🇨🇪



The author of The End of Procrastination hosts deep talks with inspiring guests on values, meaning, personal growth, and true motivation.

▶ **March 2025** | Brain We Are – How to Use Our Dopamine for a Better Life?



## WHICH PODCAST RECOMMENDS

### DAVID CHMELAŘ

Group CEO, Heureka Group

David Chmelař is Group CEO of Heureka Group, having joined after eight years working in Southeast Asia, where he co-founded the e-commerce platform iPrice. He has over 15 years of experience in company leadership. His goal is to strengthen Heureka to face today's challenges — from the entry of international marketplaces to the AI revolution — and to reinforce its position across the region. In his role, he combines global experience with deep understanding of the local market.




### Satya Nadella CEO of Microsoft BG2 Pod | December 2024

A discussion about his journey to leading Microsoft, advice for CEOs, Microsoft's investment in OpenAI, the development of internet search, the concept of the "ten blue links," consumer and enterprise AI, the future of AI agents, infinite memory, CoPilot tools, Microsoft's capital expenditures, the future of OpenAI, AI safety, and much more.

## MORE INSPIRATION

### HOST

▶ The Shawn Ryan Show	Shawn Ryan	Former Navy SEAL, CIA agent, and founder of Vigilance — in-depth interviews often with military veterans, analysts, or security experts.
▶ The Diary Of A CEO	Steven Bartlett	Shares open conversations with entrepreneurs, experts, and celebrities about business, psychology, and life lessons.
▶ The Tony Robbins Podcast	Tony Robbins	Provides inspiration and practical strategies for success in business, personal development, health, and finance.
▶ Modern Wisdom	Chris Williamson	Guests discuss psychology, philosophy, health, business, and technology. The goal is to offer listeners concrete strategies and wisdom for personal growth and a better life.
▶ The Knowledge Project Podcast	Shaneem Parrish	Focused on deep conversations with thought leaders — from entrepreneurs and academics to scientists and investors.
▶ Being Well Podcast	Dr. Rick Hanson	Offers practical advice for mental health and well-being. Combines psychology, neuroscience, and mindfulness to help listeners build lasting happiness and resilience.
▶ 10% Happier	Dan Harris	About meditation, mindfulness, and mental well-being. Offers practical advice from teachers, scientists, and well-known figures, mainly aimed at skeptics who want to be calmer, more focused, and a bit happier.
▶ Vysoce citliví lidé 	Eliška Henzlová	A project about high sensitivity, caring for your mental health, and psychology — not only for highly sensitive people.





## PLAY & LEARN

We have prepared a selection of apps that will bring more fun into your life, while also exercising your brain and making learning more enjoyable.

### Coursera

Start, change, or advance your career with over 8,000 courses, practical projects, certification programs, and degrees.

### Awesome Habits

Want to read more, meditate daily, or cut back on coffee? The possibilities are endless. Get inspired by predefined templates or add your own habit.

### Motion

The highest-rated productivity platform for the AI era: AI projects, AI tasks, AI calendar, AI meetings, AI documents, AI notes, AI reports, AI workflows, and more.

### Calm

For sleep, meditation, and relaxation.

### Finch

Finch is a mental health app where you take care of a little animal — a symbol of the care you should give yourself.

### Wysa

A chatbot that helps you track your mood, manage stress and anxiety, and improve mental health using CBT, DBT, and mindfulness techniques.

### Balance

It adapts to your goals and needs by offering personalized daily meditations. Learn from experts, explore innovative activities, and track your progress with this award-winning app.

### Co-Star

An astrology app that reveals the secrets of human relationships using NASA data and striking truths.

### yousician

It makes learning to play a musical instrument fun and easy, no matter your skill level.

### Opal

For managing screen time, helping you track, block, and limit the use of apps, games, and websites.



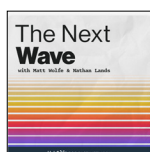
## EXPLORE AI – ALL SUMMER LONG

A summer deep-dive into the world of artificial intelligence, designed for anyone who doesn't just want to know "what AI can do," but more importantly to understand "what it's changing" — in business, decision-making, and strategic leadership.

A selection of inspirations and insights that go beyond the tools themselves. What impact does artificial intelligence have as a cultural, economic, and power phenomenon?



### The Next Wave | Kevin Roose & Casey Newton



Your personal Chief AI Officer — offering fresh insights and trusted guidance to harness AI for business growth.



### prosinec 2024 | Did OpenAI Just Change Everything?



### The Coming Wave | Mustafa Suleyman



It describes the upcoming AI revolution that will bring great opportunities and risks. The book emphasizes the need for responsible development and regulation to ensure the technology serves people.



### Article: AI Alignment | Paul Christiano

A rational view on what it means to control AI when it has "its own logic."



### Course: ChatGPT Prompt Engineering for Beginners

Write prompts for generative AI that enhance your creativity and critical thinking. Create prompts that boost your creativity, productivity, and problem-solving skills.

## MORE AI INSPIRATION



### BOOKS

**The Thinking Machine:** Jensen Huang, Nvidia, and the World's Most Coveted Microchip  
Author: Stephen Witt

**Supremacy:** AI, ChatGPT, and the Race that Will Change the World  
Author: Parmy Olson

**Empire of AI:** Dreams and Nightmares in Sam Altman's OpenAI  
Author: Karen Hao

**Superagency:** What Could Possibly Go Right with Our AI Future  
Author: Reid Hoffman / Greg Beato

**The AI-Driven Leader:** Harnessing AI to Make Faster, Smarter Decisions  
Author: Geoff Woods



### DOCUMENTARIES

**A.I. Revolution** (2024)  
A three-part documentary exploring the impact of artificial intelligence on work, the economy, and ethics.

**AI supremacy** (2024)  
The battle for artificial intelligence between China, the USA, and Europe.

**Eternal You** (2024)  
If you had the chance to talk with a loved one who has passed away, would you take it?

**AI: Unpacking the Black Box** (2024)  
A series about the problems and impacts of artificial intelligence on our society.



### APPS

**AI Dungeon**  
A game that lets you create your own story in a fantasy world using OpenAI's cutting-edge platform.

**Claude**  
Next-generation AI that helps you create, share, and discover using text, code, and images.

**Notion AI**  
A tool that unifies your daily work in one place. Offers AI-powered search and notes in a single space.

**Sololearn**  
Want to learn as fast as AI? Improve your tech skills with AI courses.



# BREATHE & RELAX

## 氣功 (Qigong)

“Today’s times are marked by a lack of time, so we seek activities that provide multiple benefits at once. That’s why I have always preferred martial arts over sports — they offer not only physical movement but also philosophy and self-defense skills, which boost confidence in everyday life. Qigong works similarly; it is connected to martial arts but is more subtle and based on meditation.”

- Petr Kochlík

**Qigong** helps calm the mind, keep the body and spirit in shape, and can even enhance athletic performance or make it easier to handle challenging days.

What does such an exercise look like, or rather... how is it performed? One of the favorite exercises is very versatile and easy to learn and use throughout the day.

### 1 STANCE

- Stand with your feet shoulder-width apart, knees slightly bent.
- Tuck your pelvis slightly, straighten your back.
- Relax your shoulders, gently tuck your chin toward your body.

### 2 ARMS

- Hold your palms at belly-button height, facing your body — as if you were hugging a large ball.
- Imagine you’re holding a red energy sphere between your palms.

### 3 BREATH & VISUALIZATION

- **Inhale:** the ball grows, and your hands gently move away from your body.
- **Exhale:** you compress the ball, and your hands move closer to your body.
- **Breathe slowly, smoothly, and mindfully.** Practice for at least a few minutes.



#### What do you experience while doing this?

You consciously inhale and exhale. Your mind creates the image of a pulsating red ball. You are here and now. This leads to a calming of the mind and a reduction in stress hormones. **The visualization of the ball itself quiets the part of the prefrontal cortex focused on the “self,” past, future, judgment, and worries.** Your attention brings into the imagined ball what is called “qi” in the East — life energy.

With training, you will begin to physically feel the energy in your palms and body, even if others can’t see it. **You can imagine the “energy ball” anytime and anywhere — while walking, sitting, or exercising.** It will become your secret weapon against fatigue, always within reach.

## PETR KOCHLÍK

A professional Qigong instructor studying since 1995. Graduate of study stays in Shaolin (China) and at the Beijing Medical Research Kundawell Institute (studying Image Medicine, class of 2016/2017), with experience teaching qigong and Image Medicine across many countries in Europe and Asia.

- Chairperson of the association Zhong Yuan Qigong ČR.
- Author of the Czech translation of the book Čung-jüan čchi-kung.
- Student of prof. Xu Mingtang (USA),



Are you intrigued by qigong enough to try it yourself and discover everything it has to offer? The best way to start is by taking a weekend course — available both in person and ONLINE.

You can find an overview of courses and workshops [HERE](#).



**Zhong Yuan Qigong - First Stage of Ascend: Relaxation**  
Sü Ming-tchang

The book contains chapters on both theory and practice of the first level of qigong, including sketches and illustrations.

## We are Executive Search.

**Business Intelligence is an integral part of our projects and practice.** We regularly monitor and analyze trends within our leadership community.

**We are developing a tool based on Artificial Intelligence** designed to predict a leader's success in a specific role and business, in alignment with the company's culture and values.

**As part of our projects, we conduct comprehensive psychological testing,** which serves to evaluate and develop leaders while ensuring their successful integration. Anderson Willinger, in collaboration with colleagues from INSEAD, has identified the most important areas, including personality traits crucial for managing organizations in today's turbulent times, both in the case of external recruitment and promotions. Based on this knowledge, the AW team has defined the best global tools to understand where both the company and the leader stand and what their critical development areas are.

We not only assist our clients in setting strategies and selecting key executives, but we also partner with them in **educating and inspiring top management on current global trends.**

In addition to our Summer Refresh, we also bring you other studies on the current trends in the top management market.

### TRENDS FROM OUR LEADERSHIP COMMUNITY

2025



2024



2023



### TRENDS FROM EXECUTIVE EDUCATION

2024



2023



### TOP CONFERENCES IN 2025



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#### CONTACT US

e: [care@andersonwillinger.com](mailto:care@andersonwillinger.com)  
m: +420 731 440 081  
[andersonwillinger.com](http://andersonwillinger.com)

#### Lucie Teisler

Partner  
e: [teisler@andersonwillinger.com](mailto:teisler@andersonwillinger.com)  
m: +420 731 440 080

#### Zuzana Javořiková

Project & Data Science Lead  
e: [javorikova@andersonwillinger.com](mailto:javorikova@andersonwillinger.com)  
m: +420 731 440 084

#### Klára Zelinková

Senior Research Associate  
e: [klara.zelinkova@andersonwillinger.com](mailto:klara.zelinkova@andersonwillinger.com)  
m: +420 731 440 081