

# SUMMER MIND REFRESH

**Inspiration from Anderson Willinger**  
Our Top Picks to Read, Watch, Listen To, and Reflect On



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The best ideas rarely emerge under the pressure of everyday decisions—they come when we give ourselves permission to slow down.

With that in mind, we've curated a selection of books, podcasts, films, apps, and other inspiring recommendations that have resonated this year with leaders, entrepreneurs, and leading thinkers around the world.

We wish you a summer full of fresh perspectives, renewed energy, and meaningful inspiration.

This year's Mind Refresh is organized around the themes that matter most to today's leaders.

## THE TOPICS SHAPING LEADERSHIP IN 2026

- ❖ AI & the Future of Leadership
- ❖ Leading Through Uncertainty
- ❖ Longevity, Energy & High Performance
- ❖ Resilience Under Pressure
- ❖ Purpose & Reinventing Your Career
- ❖ Building Strong Relationships & Communication



**37 BOOKS**

for your career, life,  
and soul



**16  
DOCUMENTARIES  
AND FILMS**



**19 PODCASTS**

for motivation &  
inspiration



**16 APPS**

that inform, inspire, and  
entertain



**AI FOR LEADERS**

AI is evolving faster than ever. Discover our selection of tools, resources, and ideas that showcase how artificial intelligence can deliver practical value and spark fresh thinking.



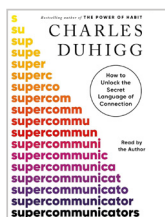
**PLACES FOR A RESET**

Places where nature, movement, and silence create space for reflection, perspective, and renewal.



## BOOKS WORTH YOUR ATTENTION

We've selected books that offer fresh perspectives on leadership, decision-making, innovation, and personal growth. Some are among this year's most compelling new releases, while others are timeless favorites we return to again and again.



### Supercommunicators

Charles Duhigg | 2024

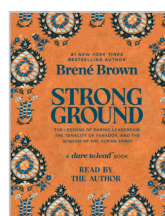
A science-based look at why some conversations work—and others don't. Every conversation is practical, emotional, or social. Confuse the type, and understanding breaks down.



### Blindspotting

Martin Dubin | 2025

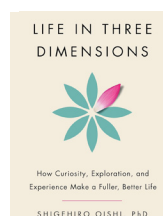
An evidence-based guide to the six hidden barriers that hold us back—from identity and motivation to emotions and behavior.



### Strong Ground

Brené Brown | 2025

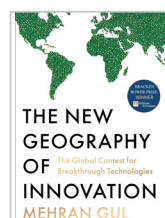
A new 2026 book on leadership, exploring courage, vulnerability, trust, and leading through change and uncertainty.



### Life in Three Dimensions

Shigehiro Oishi | 2025

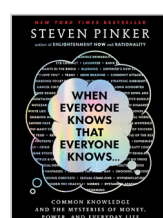
A fresh perspective on living well: beyond happiness and meaning, psychological richness comes from embracing new and challenging experiences.



### The New Geography of Innovation

Mehran Gul | 2026

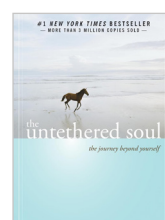
A must-read on the trends shaping the future of business, investing, and geopolitics—from AI and semiconductors to new global innovation hubs.



### When Everyone Knows That Everyone Knows...

Steven Pinker | 2025

Why do some changes happen overnight while others stall for years? Pinker explains how shared understanding drives change across people, organizations, and societies.



### The Untethered Soul

Michael A. Singer | 2007

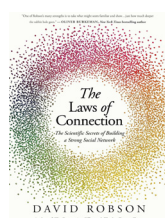
How can we free ourselves from self-imposed limitations and find inner peace? A simple yet profound guide to living with greater freedom.



### Siddhartha

Herman Hesse | 2022

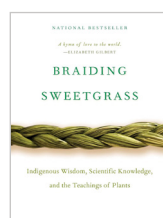
A timeless story about the search for meaning, truth, and inner freedom on the path to self-discovery.



### The Laws of Connection

David Robson | 2024

A groundbreaking book showing how deeply our relationships shape our health, happiness, and quality of life—and how we can strengthen them intentionally.



### Braiding Sweetgrass

Robin Wall Kimmerer | 2015

A beautiful blend of science and Indigenous wisdom, offering timeless lessons from nature on gratitude, connection, and living in harmony with the world.



## Your Shadow is your Strength

Ann Askenberger | 2024

Self-awareness is one of the most underrated leadership skills. This book shows how understanding hidden behavioral patterns can become a source of personal and professional strength.

### WORKSHOP

## What Leaders Avoid, **ORGANIZATIONS INHERIT**

An exclusive leadership workshop with  
**ANN ASKENBERGER**



First Time in Prague - **AUTUMN 2026** | More information below ...

### WANT TO EXPLORE FURTHER? HERE ARE A FEW MORE INSPIRING READS.

|                                                                                                                 |                          |  |      |
|-----------------------------------------------------------------------------------------------------------------|--------------------------|--|------|
| <b>Rewired::</b> The Breakthrough Tapping Method to Stop Overthinking, Calm Your Body, and Finally Feel at Ease | Nick Ortner              |  | 2026 |
| <b>The Other Side of Change:</b> Who We Become When Life Makes Other Plans                                      | Maya Shankar             |  | 2026 |
| <b>Mattering:</b> The Secret to a Life of Deep Connection and Purpose                                           | Jennifer Breheny Wallace |  | 2026 |
| <b>How to Live a Meaningful Life:</b> Using Design Thinking to Unlock Purpose, Joy, and Flow Every Day Plans    | Bill Burnett             |  | 2026 |
| <b>Eat Your Ice Creams:</b> Six Simple Rules for a Long and Healthy Life                                        | Ezekiel J. Emanuel MD    |  | 2026 |
| <b>Reset:</b> How to Change What's Not Working                                                                  | Dan Heath                |  | 2025 |
| <b>Tiny Experiments:</b> How to Live Freely in a Goal-Obsessed World                                            | Anne-Laure Le Cunff      |  | 2025 |
| <b>The Systems Leader:</b> Mastering the Cross-Pressures That Make or Break Today's Companies                   | Robert E. Siegel         |  | 2025 |
| <b>The Power of Mattering:</b> How Leaders Can Create a Culture of Significance                                 | Zach Mercurio            |  | 2025 |
| <b>Moral Ambition:</b> Stop Wasting Your Talent and Start Making a Difference                                   | Rutger Bregman           |  | 2025 |
| <b>How to Fall in Love with Questions:</b> A New Way to Thrive in Times of Uncertainty                          | Elizabeth Weingarten     |  | 2025 |
| <b>How Progress Ends:</b> Technology, Innovation, and the Fate of Nations                                       | Carl Benedikt Frey       |  | 2025 |
| <b>Hone:</b> How Purposeful Leaders Defy Drift                                                                  | Geoff Tuff               |  | 2025 |
| <b>Eight Million Ways to Happiness:</b> Wisdom for Inspiration and Healing from the Heart of Japan              | Hiroko Yoda              |  | 2025 |
| <b>How to Be Free:</b> A Proven Guide to Escaping Life's Hidden Prisons                                         | Shaka Senghor            |  | 2025 |
| <b>The Friction Project:</b> How Smart Leaders Make the Right Things Easier and the Wrong Things Harder         | Robert I. Sutton         |  | 2024 |
| <b>How We Learn to Be Brave:</b> Decisive Moments in Life and Faith                                             | Mariann Edgar Budde      |  | 2023 |

## WORKSHOP

WHAT LEADERS AVOID,  
**ORGANIZATIONS  
INHERIT**

An exclusive leadership workshop with  
**ANN ASKENBERGER**



For the first time in Prague **NOVEMBER 12-13, 2026**

**Every organization has a shadow.**

It exists in the gap between what people say and what they actually do. Between declared values and everyday behavior. Between what leaders see — and what they don't.

**During the workshop, you will be invited to explore a real leadership challenge from your own leadership role. Through that challenge, you will see how unseen patterns may shape leadership, decision-making and culture. Using Ann Askenberger's honey-ghost-trap® method, you will begin to uncover the blind spots, projections and inner patterns that may shape how you lead, decide and relate to others.**

**The goal is not to become a better leader.**

**The goal is to lead with greater awareness, clarity and impact.**

Because every culture reflects what its leaders are willing — and unwilling — to see.

*The workshop is held in an exclusive, private setting, with space for reflection, dialogue and personal insight.*

**ANN ASKENBERGER**

Ann is the author of ***Your Shadow Is Your Strength*** and further developed this work during her Executive Master of Change studies at INSEAD.

**MORE ON ANN'S APPROACH**

Choose one of two four-hour workshop sessions:

- Thursday afternoon (12.11)
- Friday morning (13.11)

The event lasts **four hours** and concludes with an informal networking reception, including refreshments and drinks.

Organised in cooperation with **Anderson Willinger | Executive Advisory**  
**and Inspire & Impact Network**

**RESERVE YOUR SPOT** at **+420 731 440 081** or **[care@andersonwillinger.com](mailto:care@andersonwillinger.com)**  
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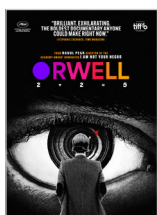
## ..... WATCH &amp; BE INSPIRED .....

 **Musk (2025)**

An inside look at Elon Musk's vision, ambitions, and influence on technology, business, and geopolitics.

 **Buy Now! The Shopping Conspiracy (2024)**

How is our desire to buy created? A revealing look at how companies use data, emotions, and psychology to shape consumer behavior.

 **Orwell: 2+2=5 (2025)**

A compelling look at why Orwell's ideas on power, information, and freedom remain strikingly relevant in the age of social media, AI, and information warfare.

 **Don't Die: The Man Who Wants to Live Forever (2025)**

How far would we go to live longer? A documentary following one of the world's best-known longevity pioneers and his bold experiment.

 **Conclave (2024)**

A gripping drama about the election of a new pope, exploring power, influence, and decisions that shape history.

 **Pangolin: Kulu's Journey (2025)**

A moving story of second chances, purpose, and the bond between people and nature—reminding us that life's greatest truths are often the simplest.

 **Project Hail Mary (2026)**

A smart sci-fi adventure exploring courage, collaboration, and the power of curiosity in the face of uncertainty.

 **Ocean with David Attenborough (2025)**

A breathtaking documentary on the beauty, interconnectedness, and fragility of the oceans. David Attenborough shows why their future is inseparable from our own.

 **Perfect Days (2023)**

A moving film reminding us that fulfillment comes not from extraordinary achievements, but from appreciating life's ordinary moments.

 **Cover-Up (2025)**

A compelling portrait of Seymour Hersh, whose investigations challenged official narratives and redefined investigative journalism.

 **Human (2025)**

A fascinating journey through human history, offering fresh insights into where we came from, how we came to dominate the planet, and what unites us as a species.

 **Disclosure Day (2026)**

A thought-provoking sci-fi film asking whether we are alone in the universe—and how the answer could reshape humanity.



## IDEAS WORTH HEARING

### 20VC | Harry Stebbings



One of the world's top podcasts on venture capital, technology, and entrepreneurship, featuring conversations with the people shaping the future of business.

▶ **June 2026** | SpaceX's Record-Breaking IPO & Elon's \$1 Trillion Day

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



Reid Hoffman explores how great companies are built through conversations on leadership, innovation, strategy, and bold decisions.

▶ **June 2025** | Simon Sinek: Identifying Great Leaders

### The Knowledge Project | Shane Parrish



Shane Parrish explores better decision-making through conversations with leading voices in business, science, and psychology.

▶ **April 2026** | Greg Brockman: Inside the 72 Hours That Almost Killed OpenAI

### Founders | David Senra



David Senra examines the lives of legendary entrepreneurs, revealing timeless lessons on business, ambition, and leadership.

▶ **March 2026** | Running Down A Dream: How to Succeed and Thrive in a Career You Love

### HBR IdeaCast | Alison Beard, Adi Ignatius



Weekly conversations on management, strategy, and the future of work, featuring some of the world's leading thinkers.

▶ **April 2026** | Why Your Team Won't Speak Up (And How to Fix It)

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



Science-based conversations on health, performance, sleep, and the brain—designed to help you perform and feel at your best.

▶ **March 2026** | The Best Vitality & Health Protocols with Dr. Rhonda Patrick

### Hidden Brain | Shankar Vedantam



A compelling podcast exploring the psychology behind our decisions, relationships, and everyday behavior.

▶ **February 2019** | One Head, Two Brains

### Proti Proudů | Dan Tržil



A Czech podcast featuring inspiring conversations with people who have forged their own path through courage and authenticity.

▶ **March 2026** | Dejčmar & Ludwig: Jak přežít budoucnost s AI

### The Psychology Podcast | Scott Barry Kaufman



Conversations with leading psychologists and scientists on human nature, motivation, happiness, and personal growth.

▶ **June 2021** | Jordan Peterson: Chatting About Human Nature

### Brain We Are | Vojtěch Hlaváček, Jiří Kryštof Jarmar



A Czech podcast on the brain, consciousness, health, and personal growth, combining science, psychology, and self-discovery.

▶ **November 2024** | Viliam Poltikovič: Tajemství Smrti, Svatí muži a Vědomí



## GROW SMARTER EVERY DAY

A curated selection of apps to help you work smarter, think more clearly, keep learning, and recharge. From AI and productivity tools to well-being and mental fitness.

### Deep Stash

Deepstash creates a personalized learning journey based on your interests and goals.

### Pocketcasts

Discover podcasts you'll love and keep them all in one place.

### Superhuman

A premium email client with AI-powered features.

### Waking Up

Discover the true purpose of meditation and the power of genuine mindfulness.

### Luminosity

Improve your memory, mental flexibility, and more with the world's most popular brain training program.

### Expensify

An all-in-one solution for managing expenses, receipts, and business travel.

### Brilliant

Reduce screen time in a playful way—your animated companion only grows when you put your phone down.

### Reclaim.ai

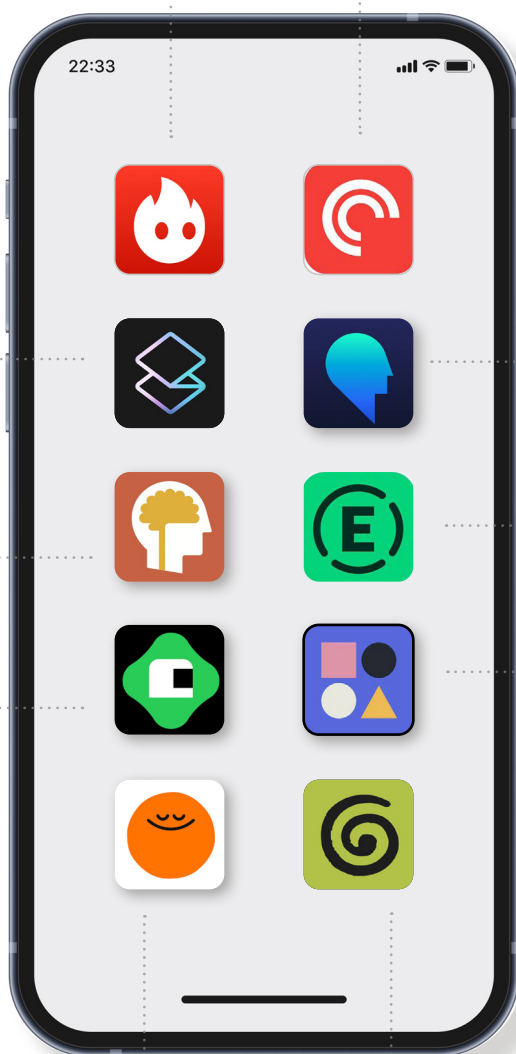
AI-powered scheduling for tasks, meetings, and habits across Google and Outlook Calendar.

### Headspace

Now with Ebb, an AI voice coach offering personalized support for sleep, stress, and focus based on your previous sessions.

### Granola

AI-powered meeting notes that are organized, searchable, and easy to revisit.





# HOW AI IS RESHAPING LEADERSHIP

AI is no longer just a technology topic. It has become a leadership, strategy, and competitiveness challenge. We've curated resources that explore not only the technology itself, but also its impact on business, decision-making, and the future of work.



## Managing the Future of Work



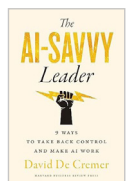
A Harvard Business School podcast exploring how AI, technology, and new ways of working are reshaping organizations. Practical insights for leaders who want to stay ahead.



July 2026 | Steve Odland on governing AI in an age of uncertainty



## The AI-Savvy Leader | David De Cremer



How to use AI as a leadership tool—not just a technological innovation. A practical guide for leaders looking to combine human potential with the power of artificial intelligence.



## How C-Suite and Board Roles Are Being Reshaped Around AI | Tomas Chamorro-Premuzic

AI is changing not only frontline roles but also executive leadership. The responsibilities of senior leaders and boards are being fundamentally reshaped.



## Course: MIT Sloan: “Artificial Intelligence: Implications for Business Strategy”

One of the world's most respected executive programs, focused on applying AI to strategy, innovation, and organizational transformation.

## ADDITIONAL AI INSPIRATION



### BOOKS

**Co-Intelligence: Living and Working with AI:** How to make AI your partner in work, learning, and creativity.  
Autor: Ethan Mollick

**I Am Not a Robot:** My Year Using AI to Do (Almost) Everything  
Autor: Joanna Stern

**AI First:** the Playbook for a Future-Proof Business and Brand  
Autor: Adam Brotman

**More Human:** How the Power of AI Can Transform the Way You Lead  
Autor: Jacqueline Carter

**Reshuffle:** Who wins when AI restacks the knowledge economy  
Autor: Sangeet Paul Choudary



### DOCUMENTARIES

**The AI Doc** (2026)  
Exploring AI, AGI, ethics, and the future through conversations with the world's leading experts.

**Seeking Intelligence** (2025)  
Discussions on OpenAI, DeepMind, AGI, existential risks, and the future of society in the age of artificial intelligence.

**The Thinking Game** (2024)  
The story of DeepMind founder Demis Hassabis and his vision for AGI.

**The Artificial Intelligence Revolution** (2025)  
20 Perspectives on the Impact and Potential of Artificial Intelligence.



### APPS

**Perplexity**  
Research reports, market analysis, and competitive insights.

**Cursor**  
An AI code editor designed to accelerate software development.

**Replit Agent**  
An AI agent that builds applications from simple prompts.

**ElevenLabs**  
AI generování hlasu a převod textu na přirozenou řeč.

**Granola**  
AI-powered voice generation and natural text-to-speech.

**Make**  
A visual platform for building AI workflows and automations.

# HOLISTIC LEADERSHIP PROFILE

**Before Investing in Leadership Programs,  
CONSIDER THIS:**

AI is transforming more than technology. It is changing how we make decisions, collaborate, and lead. Increasingly, organizational success will depend on leaders' psychological maturity and resilience, their ability to navigate change, and their capacity to build cultures of adaptability, trust, and continuous learning.

Do you know the true potential of your talent?

Which values shape their decisions?

How do they handle pressure?

Are they ready for the role you expect them to take on?

## WHAT THE <sup>®</sup>HOLISTIC LEADERSHIP PROFILE REVEALS

| Part of the Assessment | IQ | EQ | Resilience | Values | Culture fit | Managerial style | 360° | Transformative leadership | Development Feedback |
|------------------------|----|----|------------|--------|-------------|------------------|------|---------------------------|----------------------|
| Anderson Willinger     | ●  | ●  | ●          | ●      | ●           | ●                | ●    | ●                         | ●                    |



Many organizations use psychometric assessments when selecting or promoting senior executives. Few, however, translate the results into meaningful leadership development, succession planning, and future executive performance.

### AW ASSESSMENT

#### <sup>®</sup>HOLISTIC LEADERSHIP PROFILE

combines cognitive ability, emotional intelligence, values, cultural fit, leadership capabilities, and behavior under pressure into one comprehensive development framework. It then compares these insights with the quality and potential of the external talent market.



More than a report—it delivers actionable recommendations for talent development and management.

The AW Leadership Assessment now enables you to distinguish between:

- ◆ True potential
- ◆ Limitations & Resilience
- ◆ Motivation
- ◆ Cultural Fit
- ◆ Readiness for the Next Career Step



**Supporting better role fit and higher-impact development decisions.**

## THE <sup>®</sup>HOLISTIC LEADERSHIP PROFILE IS YOUR TRUSTED ADVISOR:



HELPING YOU MAKE THE RIGHT DECISION—WHETHER FOR AN INTERNAL PROMOTION, SUCCESSION PLANNING, OR AN EXTERNAL EXECUTIVE SEARCH.



SO YOUR ORGANIZATION CAN THRIVE AND GROW—THROUGH ITS PEOPLE, VALUES, AND CULTURE.



## WHERE NATURE HEALS: PATHS TO REFLECTION & RENEWAL

Stepping away from the pace of everyday life often leads to our best ideas. Pilgrimage trails, quiet landscapes, and time spent in nature create space for renewal, fresh perspective, and deeper reflection. We've selected places that inspire not only a journey through nature, but also a journey within.



### WEEKEND TRAILS (UP TO 100 KM)



#### Broumov Region & Adršpach

(60–80 km, 3 days)

Theme: Perspective & Fresh Insight

A journey through dramatic rock formations, forests, and Baroque churches in the Broumov region. An ideal route to step away from everyday demands, restore inner balance, and reconnect with nature.



#### Říp-Blaník Trail

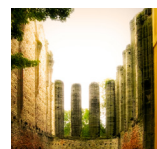
(90 km, 3 days)

Theme: The Czech Camino

A trail linking two of the Czech Republic's most iconic mountains and symbols of national heritage. Combining walking, reflection, and the beauty of the Central Bohemian landscape, it is ideal for a long weekend or a first pilgrimage experience.



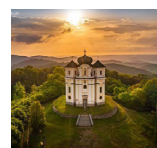
### SHORT ESCAPES TO HEALING PLACES



#### Panenský Týnec & the České středohoří Highlands

Theme: Reflection & Creativity

The unfinished Gothic church in Panenský Týnec and the surrounding landscape of the Bohemian Central Uplands are widely regarded as places of exceptional energy and inspiration.



#### Maková mountain

Theme: Inner Peace & Renewal

The Baroque pilgrimage church on Maková Hora, near Příbram, offers a peaceful setting for quiet reflection and renewal.



#### Svatá Hora Pilgrimage Site, Příbram

Theme: Spiritual Renewal

One of Central Europe's most important Marian pilgrimage sites, combining a rich history, remarkable architecture, and a centuries-old pilgrimage tradition.



### LONG-DISTANCE PILGRIMAGE

#### St. James Way



The Czech section of the Camino de Santiago winds through historic towns, monasteries, and diverse landscapes. Whether completed in stages or as a longer journey, it offers space for self-discovery, mindfulness, and personal transformation.



#### Health Map: Healing Places (CZ)

Michaela Popková

Organized by region, **Health Map** introduces healing places, organic producers, and the stories of the Czech Republic's most renowned natural healers.

## Thank you for being part of the Anderson Willinger community.

We believe the best leaders are defined not only by their experience and achievements, but by their curiosity, openness to new perspectives, and commitment to continuous learning.

If any of these ideas inspired you, or if you'd like to continue the conversation with fellow members of our leadership community, we'd be delighted to hear from you.

We look forward to welcoming you back in Autumn 2026.

**Anderson Willinger Team**

### TRENDS FROM OUR LEADER COMMUNITY

2025



2024



2023



### EXECUTIVE EDUCATION

2026



### MIND REFRESH

2025



## We are Executive Search.

We support our clients not only in shaping leadership strategy and selecting key executives, but also as a trusted partner in educating and inspiring top management on the latest global trends.



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