

MODERN WISDOM READING LIST

**100 BOOKS TO READ
BEFORE YOU DIE**

WELCOME

Hello friends,

As an avid non-reader who couldn't sit still without a phone in his hands only a few years ago, it takes a lot to hold my attention and all 100 titles on this list do so magnificently.

This is not supposed to be a list of the 100 greatest books of all time but rather the books which have impacted my worldview and entertained me the most. Consider it an extensive but not exhaustive syllabus to improve your life. The list is purposefully not grouped by subject. Enjoy exploring into new areas.

If you want to thank me for putting this list together, please give Modern Wisdom a 5* review on [Apple Podcasts](#) - it's a 10 second task which helps to support the show and it'll make me very happy.

I hope you fall in love with these books as much as I did.

Chris x

PS - if you find this list useful and want to share it with a friend, just direct them to chriswillx.com/books and they can get their own copy for free.

WANT TO READ MORE?

KINDLE

Buying a Kindle is one of the best purchases I've ever made. If you're wanting to read more, you need to get one.

Books on Kindle are usually 30% up to 90% cheaper than the Print Versions, they're delivered instantly rather than waiting for postage, you can carry an entire library in your pocket and you can read a free sample of every book on your device before purchasing. Plus if you lose or upgrade your Kindle, you can just immediately load all your purchases onto a new device from the Amazon cloud.

The basic Kindle is more than good enough and you'll make your money back on cheaper books within 6 months, but the Paperwhite and Oasis are both worth it if you can spare the cash.

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AUDIBLE

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The easiest way to consume books on the go, Audible syncs across all your devices, has an amazing mobile app and gives you access to everything on Amazon for half the price of a Netflix membership.

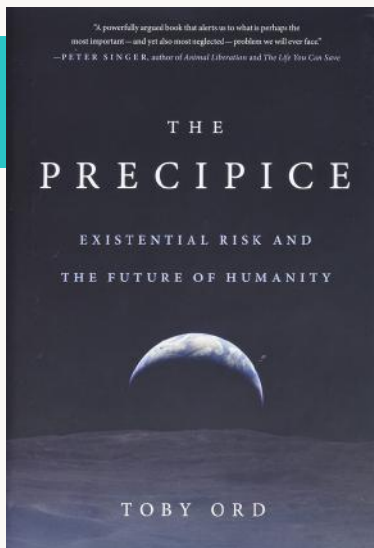
You can get a copy of any book on this list by joining Audible for free. Cancel any time within 30 days and you'll pay nothing, plus you get to keep the book.

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MUST READS

THE PRECIPICE: EXISTENTIAL RISK AND THE FUTURE OF HUMANITY

Toby Ord



[Buy On Amazon](#)

Existential Risk, Science, Big Picture Thinking

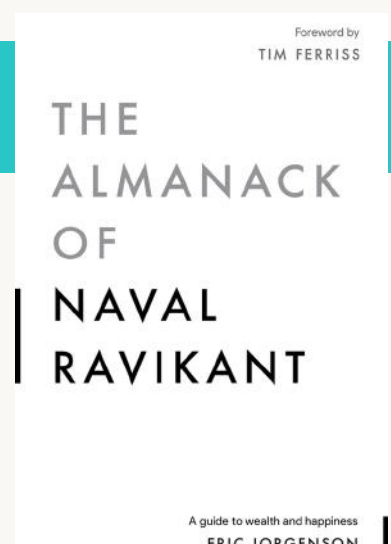
Potentially the most important book on this list. The best insight into Existential Risk I've ever found. A complete breakdown of how humanity could go extinct, the relative likelihoods of each risk occurring and proposed solutions. From asteroids to artificial intelligence, bioweapons to nuclear war, this is the one stop shop for understanding where our civilisation is at and where it might end up. Written in a super accessible way and easy to listen to if you prefer Audible. It will alter your view of the world in a fundamental way. Makes a nice change from reading non-fiction which is just about personal development.

THE ALMANACK OF NAVAL RAVIKANT

Eric Jorgenson

Happiness, Finances, Success, Wisdom, Life Principles

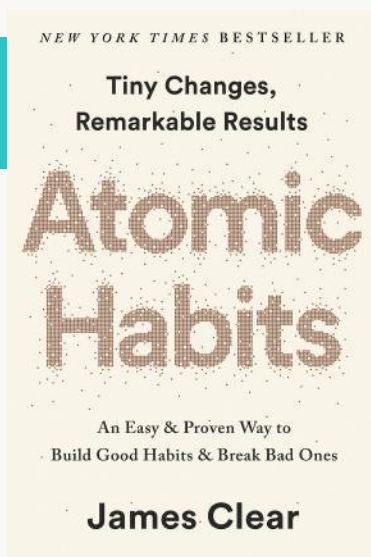
Eric trawled through thousands of pages of podcast transcripts, tweets and articles from one of the world's most innovative thinkers Naval Ravikant and created a compilation of his best insights, arranged into sections which we all need to focus on. Lessons in finance, business, happiness, spirituality, learning and more. Short & super easy to read. One of the densest and yet most accessible books I've found. If I'd read this 15 years ago I would have avoided a lot of errors and probably be a millionaire. You must read this. Don't get it on Audible, you need to let these lessons marinate.



[Buy On Amazon](#)

ATOMIC HABITS

James Clear



[Buy On Amazon](#)

Personal Development, Productivity, Habit-Setting, Fundamentals

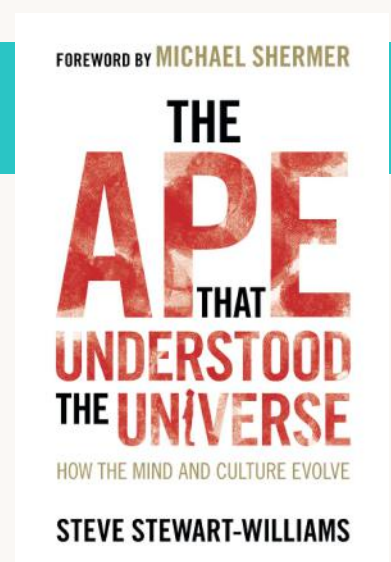
A must read for everyone. The most accessible, comprehensive, practical habit book I've found. A 0-100 explanation of how habits work, why they're important and an incredibly robust system for how to design your own. Illustrated by examples from history, sport, business and more, it's a superbly easy read. Given that habits are the foundation of everything we do, I don't think there's anyone who wouldn't benefit from this. This book really is worth the hype. I personally wouldn't get it on Audible, you need to be able to highlight, read & re-read then test your recall for this book to stick. Not a passive read if you want to get the most out of it.

THE APE THAT UNDERSTOOD THE UNIVERSE: HOW THE MIND AND CULTURE EVOLVE

Steve Stewart-Williams

Evolutionary Psychology, Self-Understanding, Biology, Dating

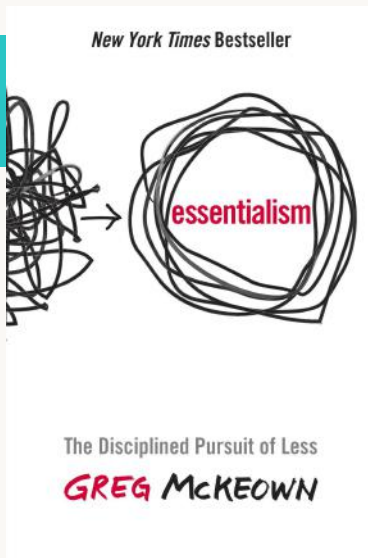
I talk about EvPsych all the time. As far as I'm concerned it's the closest you're ever going to get at peering under the hood of your own behaviour and discovering why you do the things you do. SSW writes one of the easiest to read books in this entire list but delivers hammer blows of insight on every page. Why are we attracted to what we like? Why is jealousy a thing? Are we monogamous creatures? Why do we help our family more than we help others? It's an endless barrage of jaw dropping discoveries and incredibly accessible. You'll be highlighting every other paragraph.



[Buy On Amazon](#)

ESSENTIALISM

Greg McKeown



[Buy On Amazon](#)

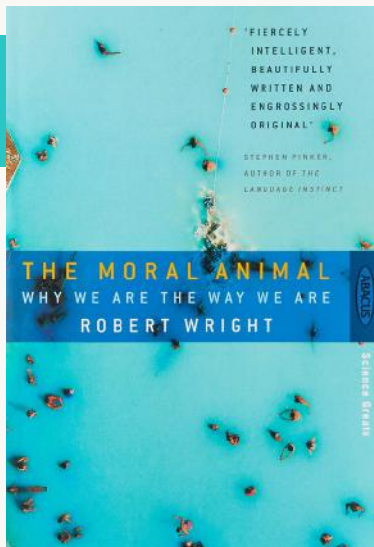
Life Design, Productivity, Happiness, Fundamentals

Learn how to construct your life to work for you rather than against you. One of very few Life Design books which actually delivers on its promise. If you feel like you're always busy but not getting anywhere and struggle to make progress toward your meaningful long-term goals, this is for you. Probably changed my fundamental big-picture approach to life more than any other book. Super easy to read. The answer to a lot of common 21st century maladies. Start here before reading any other Personal Development.

NON FICTION

THE MORAL ANIMAL: WHY WE ARE, THE WAY WE ARE: THE NEW SCIENCE OF EVOLUTIONARY PSYCHOLOGY

Robert Wright



[Buy On Amazon](#)

Evolutionary Psychology, Dating Dynamics, Friendship, History

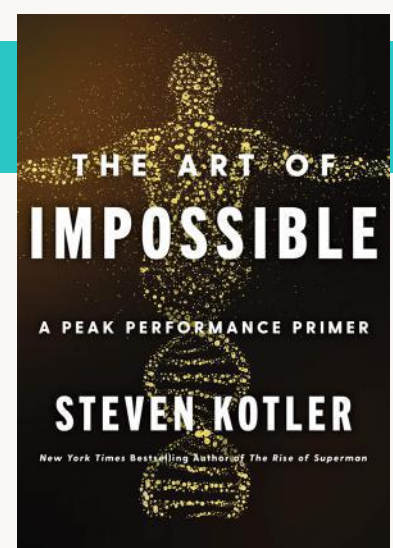
One of the most important books I've ever read. A glorious introduction to the world of evolutionary psychology. Witty, jaw dropping insights into why relationships have the dynamics they do, why politics exist, the psychology of friendships and more. Are men literally born to cheat? Does monogamy actually serve women's interests? Basically a book for people who love to find out WHY things are the way they are, illustrated by cute historical examples from Charles Darwin's life. 500+ pages so lock in for a big one.

THE ART OF IMPOSSIBLE: A PEAK PERFORMANCE PRIMER

Steven Kotler

Productivity, Flow, Optimal Performance, Biology

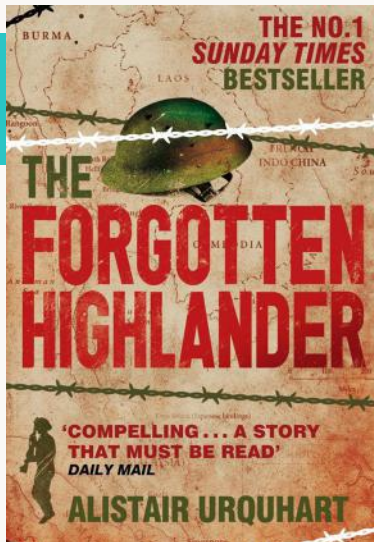
This book blew me away. Steven breaks down the biology of peak performance so that anyone can create a routine which facilitates them achieving their best work. Based on neuroscience and biology rather than just anecdotes, this is a read for you if you like straight talking, research-backed strategies delivered in a narrative fashion. Learn what elements of your daily routine are getting in your way and remove them. Very easy to read, super applicable and can make a profound difference to your output.



[Buy On Amazon](#)

THE FORGOTTEN HIGHLANDER: MY INCREDIBLE STORY OF SURVIVAL DURING THE WAR IN THE FAR EAST

Alistair Urquhart



[Buy On Amazon](#)

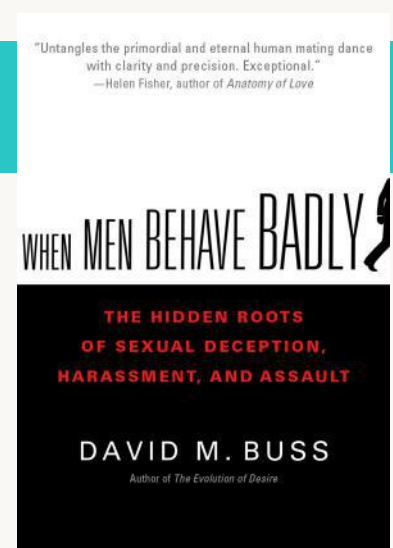
Memoir, Survival, War Story, Extreme Resilience

Potentially the most extreme story on this list. A Scottish soldier is captured by the Japanese in Singapore and subjected to years of brutal conditions where almost all his comrades die. He builds the bridge over the River Kwai under torture, gets left to die in a “Hellship”, works a mere 10 miles from the Nagasaki bomb blast and survives it all. Brutal and painful but an amazing reminder that our own problems pale in comparison with how bad life could be. A jaw dropping story, definitely one of the must-reads.

MEN BEHAVING BADLY: THE HIDDEN ROOTS OF SEXUAL DECEPTION, HARASSMENT AND ASSAULT David Buss

Evolutionary Psychology, Relationships, Attraction, Sexual Conflict

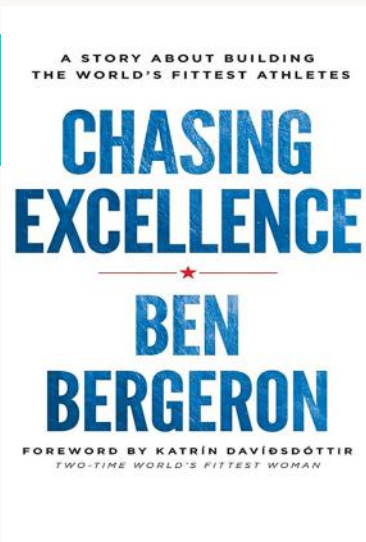
Must read. Outstanding from the father of evolutionary psychology. Why does sexual conflict exist? Why do men and women desire different things from each other and how does this cause problems within relationships? At the extremes, how can this help to explain sexual harassment and assault? Endless insights which make complete sense but you'd never realised before. I actually think this book should be mandatory reading before entering the dating market. Fast paced and accessible but be warned - it's uncomfortable at times. You won't regret reading this.



[Buy On Amazon](#)

CHASING EXCELLENCE: A STORY ABOUT BUILDING THE WORLD'S FITTEST ATHLETES

Ben Bergeron



Performance, Mindset, Life Principles, Fitness

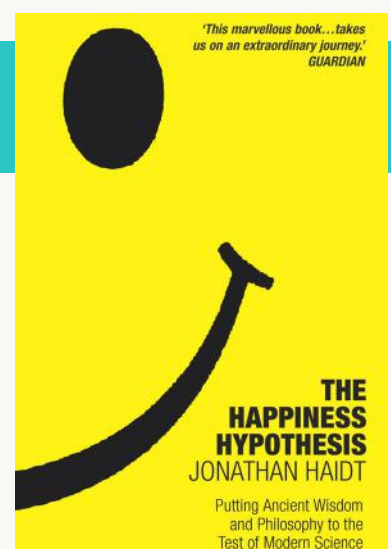
Ben is the coach of some of the fittest athletes on earth and he distills his principles for excellence down through the narrative of a CrossFit Games season. Incredibly easy to read and relatively short. I still refer to some of the concepts from this every day. If you have an interest in sports or training, you'll probably finish it within a few days and take tons away. Only 200 pages.

[Buy On Amazon](#)

THE HAPPINESS HYPOTHESIS: TEN WAYS TO FIND HAPPINESS AND MEANING IN LIFE Jonathan Haidt

Psychology, Evolutionary Psychology, Happiness, Rationality

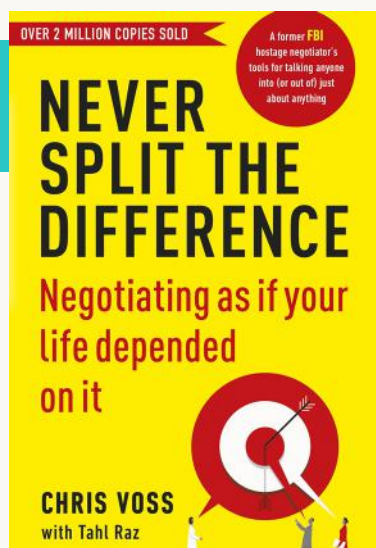
Where do I even begin with this? Another insight-bomb page turner. Jonathan breaks down how our minds work and how our cognitive, conscious processes are constantly battling with our underlying, ancient motivations. Insights into depression, happiness, love, meaning and more. It's a medium-length read and takes some focus to wrap your head around the more complex topics but the investment is worth it.



[Buy On Amazon](#)

NEVER SPLIT THE DIFFERENCE: NEGOTIATING AS IF YOUR LIFE DEPENDDED ON IT

Chris Voss



[Buy On Amazon](#)

Communication Skills, Social Effectiveness, Negotiation

The Ex-Lead International Kidnapping Negotiator for the FBI gives you his best tips for effective communication and negotiation in business and your personal life. Super easy read, narrative-driven but with easy to remember takeaways which you can apply to your negotiating instantly. Probably the best place to start if you want to improve your communication skills. Don't Audible it unless your recall from audiobooks is very good.

SUPERINTELLIGENCE: PATHS, DANGERS, STRATEGIES

Nick Bostrom

Existential Risk, Artificial Intelligence, Computer Systems

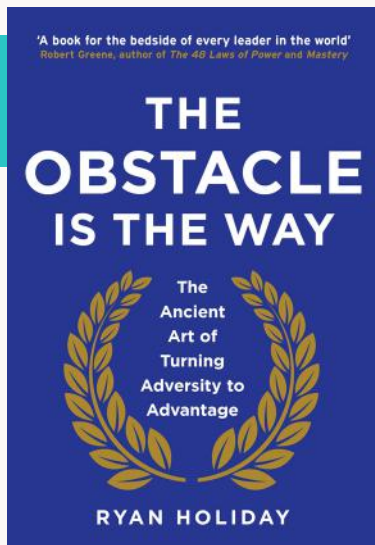
One of my most frequently read books on this list. Bostrom gives a superbly comprehensive view of our trajectory toward Superintelligent Artificial General Intelligences. How might these machines come about? Why would we want them? What are the implications and risks? How can we protect ourselves? Intellectually challenging and not a light read, but outrageously fascinating, terrifying and rewarding. If you like Sci-Fi, this is basically a non-fiction Sci-Fi read



[Buy On Amazon](#)

THE OBSTACLE IS THE WAY: THE ANCIENT ART OF TURNING ADVERSITY TO ADVANTAGE

Ryan Holiday



[Buy On Amazon](#)

Stoicism, Resilience, Overcoming Adversity, Inspiring Stories

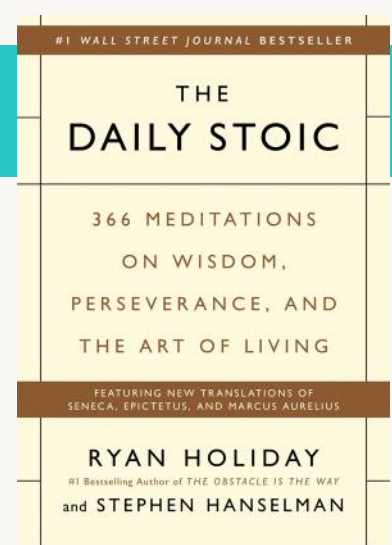
My favourite book from Ryan, I'd strongly recommend starting here if you've wanted to get into Stoicism. Learn how to see adversity and challenges as an opportunity not an obstacle. Great stories from history, sport, politics and more to explain and reinforce lessons from Stoic philosophy. Very easy read or listen through Audible as it's narrative-based.

THE DAILY STOIC: 366 MEDITATIONS ON WISDOM, PERSEVERANCE, AND THE ART OF LIVING

Ryan Holiday

Stoicism, Resilience, Happiness, Daily Diary

A one-page-a-day book delivering insights from Stoicism. If you're building a morning routine and trying to get more reading in, this could be a great addition. You can read the day's page in under a minute which helps you to build a reading habit. I'd look to progress on from this to some of Ryan's other work if you enjoy it. It's a great introduction to Stoicism but the single-page format means you tend to only spend a short amount of time exposed to each concept. Would make for a good present. Pointless buying this on Audible.



[Buy On Amazon](#)

THE WAR OF ART: BREAK THROUGH THE BLOCKS AND WIN YOUR INNER CREATIVE BATTLES

Steven Pressfield

theWARofART

Break Through the Blocks
and Win Your
Inner Creative Battles

STEVEN PRESSFIELD



STEVEN PRESSFIELD
"A vital gem...a kick in the ass." —Esquire

[Buy On Amazon](#)

Creativity, Motivation, Inspiration,
Overcoming Procrastination

A 1-2 hour read on how to overcome procrastination, find your creativity and apply yourself properly to your craft. If you're in a rut with life or in need of a creative kick up the ass - this is for you. Half feels like a motivational David Goggins monologue, half feels like a spiritual book about the esoteric world of higher meaning. You have no reason not to commit a couple of hours to this book. I highlighted something on nearly every page. It's that good.

TURNING PRO: TAP YOUR INNER POWER AND CREATE YOUR LIFE'S WORK

Steven Pressfield

Motivation, Commitment, Stepping
Up Your Game

Another 1-2 hour read. Steven took the most popular chapter (and my favourite) from The War Of Art and fleshed it out into a full book. Stop taking things casually and protecting yourself from failure by not fully committing. Learn to deal with the discomfort of your craft, realise what it takes to become a "professional" and get serious with your passion. Again, I highlighted tons of this book. If you're ready to Turn Pro, dedicate a couple of hours to this.

Turning PRO

Tap Your Inner Power and
Create Your Life's Work

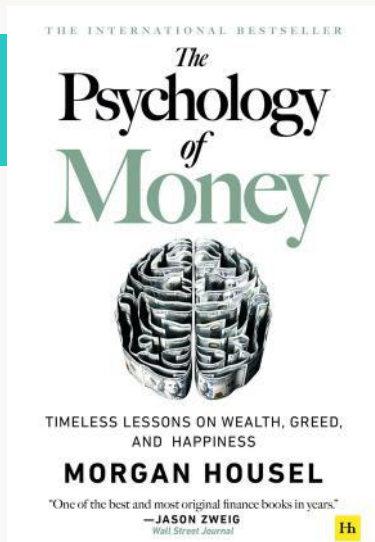
STEVEN PRESSFIELD



STEVEN PRESSFIELD
Bestselling Author of *The War of Art*

[Buy On Amazon](#)

THE PSYCHOLOGY OF MONEY: TIMELESS LESSONS ON WEALTH, GREED, AND HAPPINESS Morgan Housel



[Buy On Amazon](#)

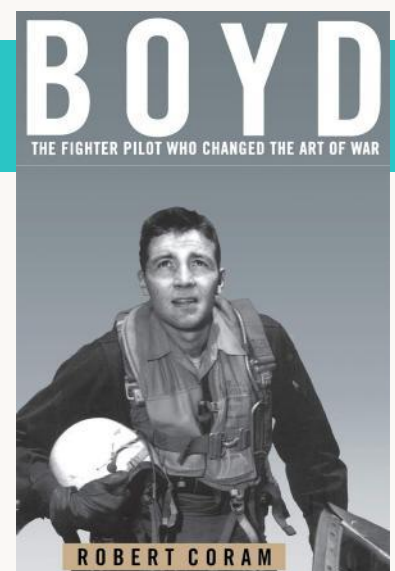
Finances, Psychology, Investing Advice

After The Almanack of Naval Ravikant, probably the only finance book you really need. Short chapters with hard hitting lessons about happiness, wealth creation and investing. It's a book about money for people who don't think they're interested in money. Tons of interesting stories to demonstrate his points. If you want to improve your understanding of how to become & stay wealthy - start here.

BOYD: THE FIGHTER PILOT WHO CHANGED THE ART OF WAR Robert Coram

Biography, Charisma, Underdog Story, War

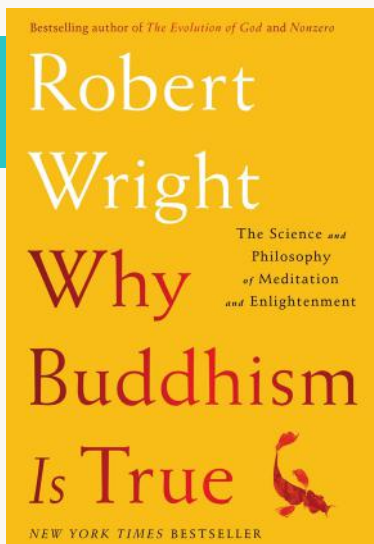
John Boyd singlehandedly reworked how the US Air Force operated. He's a huge asshole. Constantly challenging authority and being brash and brutal, but he's a genius and there's tons to learn from his never-say-die, never-compromise attitude. A book if you want to imagine what it's like to be a fighter pilot in the golden era of Top Gun, and be reminded of the power of sticking to your principles.



[Buy On Amazon](#)

WHY BUDDHISM IS TRUE: THE SCIENCE AND PHILOSOPHY OF MEDITATION AND ENLIGHTENMENT

Robert Wright



Mindfulness, Evolutionary Psychology, Pop Psychology

Blending EvPsych with Buddhist teachings was never going to be a simple task but Bob Wright nails it here. If you're interested in why the texture of your mind is the way it is and how you can improve it, this is for you. Some reassuring stories and insights into the challenges of a meditator's journey framed with enough psychological understanding to ground it in legitimacy.

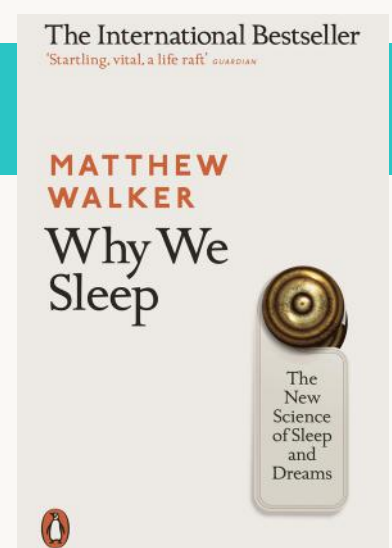
[Buy On Amazon](#)

WHY WE SLEEP: THE NEW SCIENCE OF SLEEP AND DREAMS

Matthew Walker

Sleep, Health, Fitness, Longevity

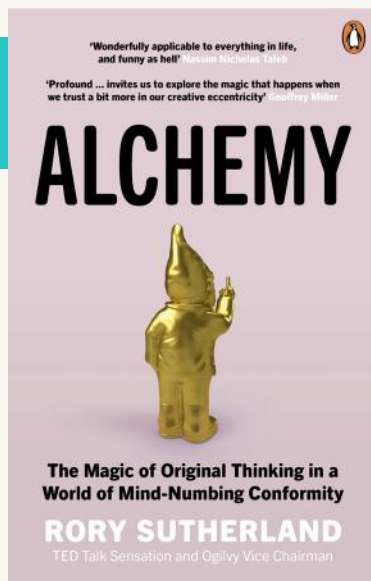
The only book on sleep you need in my opinion. If you haven't taken the red pill on sleep's effects on your health and longevity then dedicate some time to it here. Tips for how to improve and optimise your sleep, insights into the function of sleep for the human body and more. Single-handedly changed my view of rest and recovery.



[Buy On Amazon](#)

ALCHEMY: THE MAGIC OF ORIGINAL THINKING IN A WORLD OF MIND-NUMBING CONFORMITY

Rory Sutherland



Behavioural Economics, Human Behaviour, Decisions, Advertising

Rory is one of my favourite humans and his insight into human behaviour in Alchemy is a must read for anyone fascinated with psychology or consumerism and advertising. Why does Red Bull taste nasty instead of nice? Why do people wear denim? Tons of amazing examples and stories which can inform your decisions as a marketer and as a consumer.

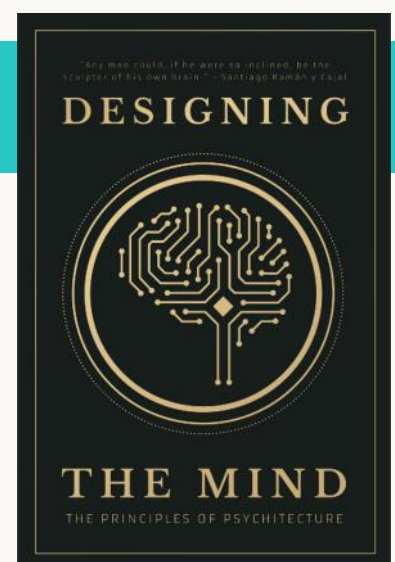
[Buy On Amazon](#)

DESIGNING THE MIND: THE PRINCIPLES OF PSYCHITECTURE

Ryan Bush

Life Design, Psychology, Philosophy, Human Behaviour

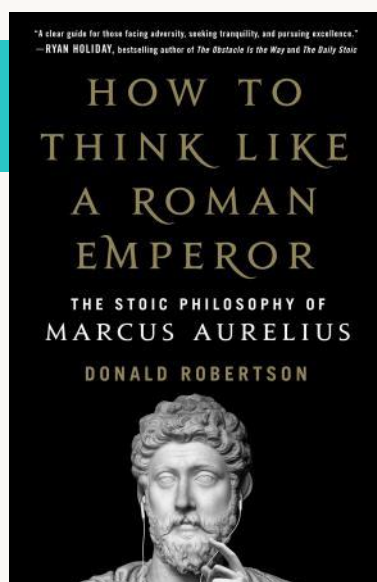
An underground gem. Ryan breaks down some of the most important insights you need to know to be able to achieve mental self-mastery. From cognitive biases to Stoic principles, pop psychology and more, this is a very complete overview of how to view your mental setup in a complete, system-wide way and provides some great insights around how to optimise and get past common faults.



[Buy On Amazon](#)

HOW TO THINK LIKE A ROMAN EMPEROR: THE STOIC PHILOSOPHY OF MARCUS AURELIUS

Donald Robertson



[Buy On Amazon](#)

Stoicism, Psychology, Cognitive Behavioural Therapy, Storytelling

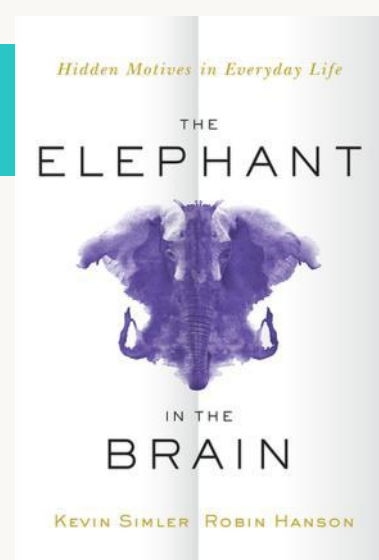
Donald is a CBT-trained psychotherapist and an expert in Stoic philosophy. He uses the narrative of Marcus Aurelius' life to blend these two insights together and draw parallels between the ancient teachings of Stoicism and the modern insights discovered by CBT. Because it follows the life of Marcus, it's more story-driven than most other Stoicism books which makes it easy to read but if you're looking for an itemised breakdown of the Stoic philosophy, this isn't for you.

THE ELEPHANT IN THE BRAIN: HIDDEN MOTIVES IN EVERYDAY LIFE

Robin Hanson

Human Behaviour, Signalling, Psychology

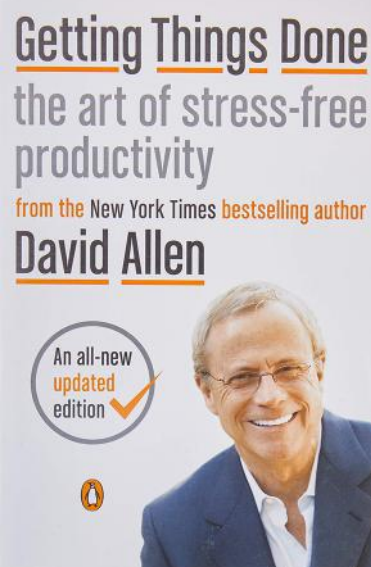
Why do you do the things you do? You think you know, but the genuine reasons might actually be a little different. Human self-deception runs deep and causes us to act in ways we can rationalise, but why do we actually act in that way? Robin strategically breaks down the underlying signals that hide in many of the things we do every day. Once you understand signalling, you'll see it everywhere.



[Buy On Amazon](#)

GETTING THINGS DONE: THE ART OF STRESS-FREE PRODUCTIVITY

David Allen



Productivity, Efficiency, Task Management

The original productivity method manual. 30 years old now and recently released in an updated form, GTD is the method that many of the productivity gurus of today rely on for the fundamentals that underpin their system. Learn how to avoid overwhelm, manage your tasks and liberate your mind from the constant swath of things on your To Do list. Start your productivity journey here.

[Buy On Amazon](#)

OFF THE CLOCK: FEEL LESS BUSY WHILE GETTING MORE DONE

Laura Vanderkam

Time Management, Productivity, Life Design

A really good insight into how the best in the world manage and plan their time. Why does time go faster as we get older? How do we enjoy breaks without being anxious about work? How can we make the most of our 24 hours, and subsequently, our life? If you want to become better at managing your schedule at work and at rest, this is for you.



[Buy On Amazon](#)

RANGE: HOW GENERALISTS TRIUMPH IN A SPECIALIZED WORLD

David Epstein

"Makes me thoroughly enjoy the experience of being told that everything I thought about something was wrong. I loved *Range*."
Malcolm Gladwell, bestselling author of *Outliers*



Range

How Generalists Triumph
in a Specialized World

David Epstein
New York Times bestseller

[Buy On Amazon](#)

Life Design, Personal Development, Elite Performance

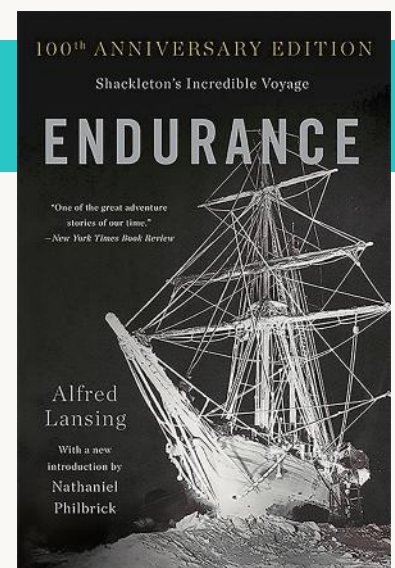
A great insight into the advantages of being a generalist rather than a specialist. For high performers, knowledge workers, entrepreneurs and athletes who want to improve the way they see the world. If you like learning things that make you say “oh that’s obvious but I totally didn’t realise it”, this is a good read.

ENDURANCE: SHACKLETON'S INCREDIBLE VOYAGE TO THE ANTARCTIC

Alfred Lansing

Biography, Adventure, Extreme Conditions, Inspirational

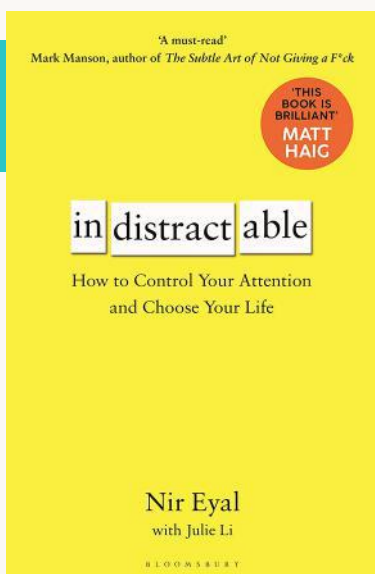
The best retelling of Sir Ernest Shackleton's voyage to the Antarctic. Simply a terrifying joy to read. Shackleton and his team face insurmountable odds in the harshest conditions on the planet after becoming stranded. The story tracks the full narrative in brutal detail. Such a powerful, inspiring story which will remind you just how far human potential can go. Perfect bedtime book.



[Buy On Amazon](#)

INDISTRactable: HOW TO CONTROL YOUR ATTENTION AND CHOOSE YOUR LIFE

Nir Eyal



Productivity, Attention, Efficiency, Tech Addiction

A simple, research-backed 4-step framework you can follow to limit the distraction in your life and focus on getting more done. A great psychological breakdown of what causes us to become distracted, how we can counteract it and some novel techniques to control your time and attention.

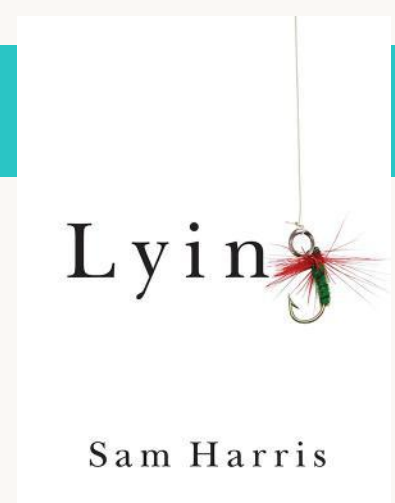
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LYING

Sam Harris

Psychology, Philosophy, Truthfulness

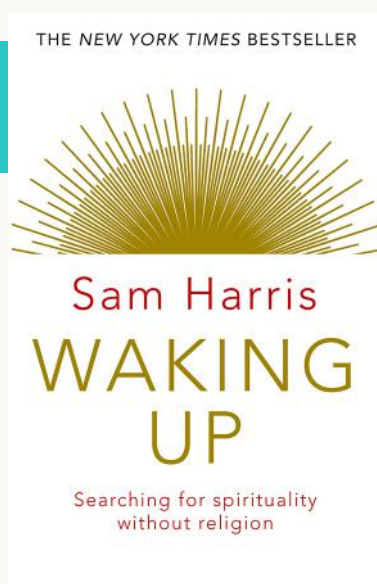
A 1-hour read on why you should never lie. Hugely transformational for me over the last few years. An easy, compelling insight into the nature of lying, why you do it, plus the negative effects it has on you and others. There's no reason not to pick this one up.



[Buy On Amazon](#)

WAKING UP: SEARCHING FOR SPIRITUALITY WITHOUT RELIGION

Sam Harris



Mindfulness, Psychology, Meditation, Psychology

THE Sam Harris book to read. If you love thinking about the nature of human experience you'll enjoy this. Fantastic insights into the nature of the mind, how rational people can view their own consciousness, what spirituality without religion means and the foundations of meditation. Really good listen on Audible with Harris' voice.

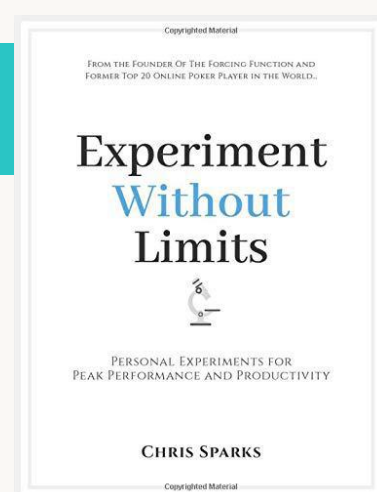
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EXPERIMENT WITHOUT LIMITS: PERSONAL EXPERIMENTS FOR PEAK PERFORMANCE AND PRODUCTIVITY

Chris Sparks

Productivity, Life Design, Workbook, Goal Setting

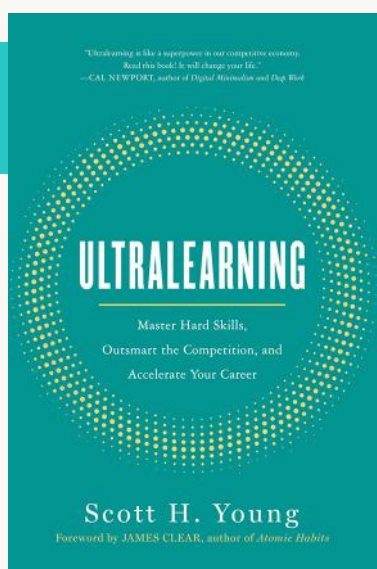
A total hidden gem. By far the most comprehensive and easy to use personal development workbook I've ever found. An entire roadmap for achieving peak performance from Goal Setting to Time Management, designing your daily routine, how to stay focussed and much more. If you need to make a change to your life trajectory, and routine, start here.



[Buy On Amazon](#)

ULTRALEARNING: ACCELERATE YOUR CAREER, MASTER HARD SKILLS AND OUTSMART THE COMPETITION

Scott H. Young



Learning Strategy, Peak Performance, Productivity

Learn how to acquire skills fast. Strategies for learning, refining and retaining skills from languages to programming, drawing, academics and more. Tangible and actionable with examples and anecdotes to illuminate the stories. Pointless if you're not trying to learn new things but great if you are.

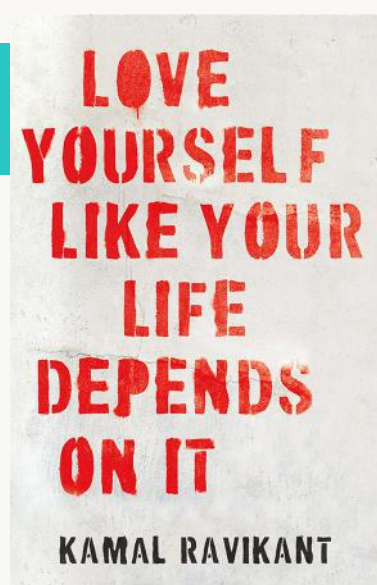
[Buy On Amazon](#)

LOVE YOURSELF LIKE YOUR LIFE DEPENDS ON IT

Kamal Ravikant

Self-Care, Life Philosophy, Gratitude

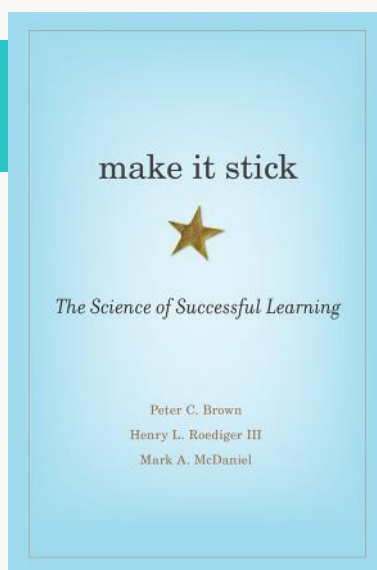
A short, 100-page read on why loving yourself is so important. Very easy to read and digest. Includes immediately actionable tasks and advice for how to implement these strategies. The new extended edition has a heartbreaking example at the end of the book taken from Kamal's own life. Very moving.



[Buy On Amazon](#)

MAKE IT STICK: THE SCIENCE OF SUCCESSFUL LEARNING

Peter C. Brown



Learning, Retention, Memory, Studying

THE book on learning how to learn. If you're a student or trying to retain any information, this is all you need. Strategies for consuming, reviewing and retaining information. Pretty sure I'd have walked a First at Uni if I'd known about this. Fairly pointless read unless you need to improve your retention, but will change your life if you are.

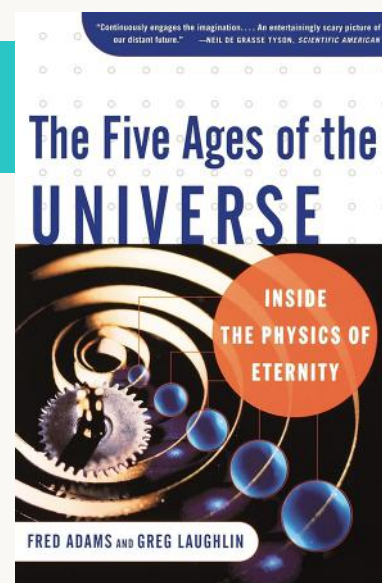
[Buy On Amazon](#)

THE FIVE AGES OF THE UNIVERSE: INSIDE THE PHYSICS OF ETERNITY

Fred C. Adams & Greg Laughlin

Physics, Space, Time, Far Futures

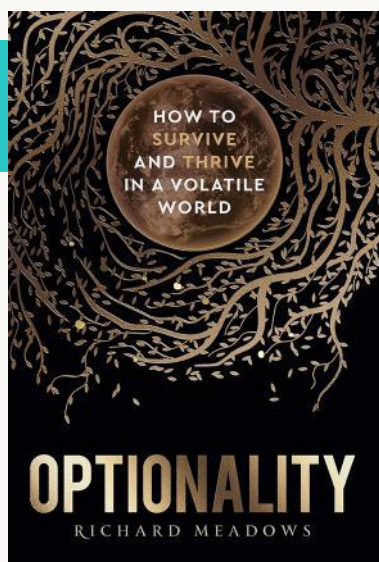
Nearly 30 years old now but still great. Learn about the mind-boggling timespans of the universe. What happened fractions of a second after the big bang? Where are we now on the cosmic timeline? And how long will it go on for? Not a light or simple read but you'll enjoy it if you like learning about space and truly thinking about the biggest picture there is.



[Buy On Amazon](#)

OPTIONALITY: HOW TO SURVIVE AND THRIVE IN A VOLATILE WORLD

Richard Meadows



[Buy On Amazon](#)

Life Design, Finance, Personal Development, Decision Making

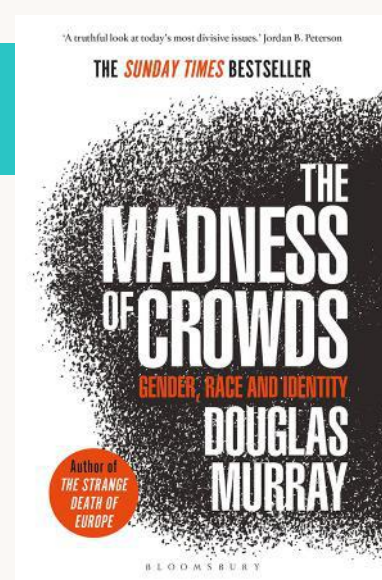
Another underground gem. Richard takes his history as a trader and applies the principles of trading to life decisions in an effort to find choices with limited downsides but limitless upsides. So many hacks and tips for living an effective life in here, especially if you're considering a change in direction or thinking about going travelling. A great global, life-wide philosophy for guiding your direction and decisions.

THE MADNESS OF CROWDS: GENDER, RACE AND IDENTITY

Douglas Murray

Culture, Grand Narratives, Sensemaking, Political Correctness

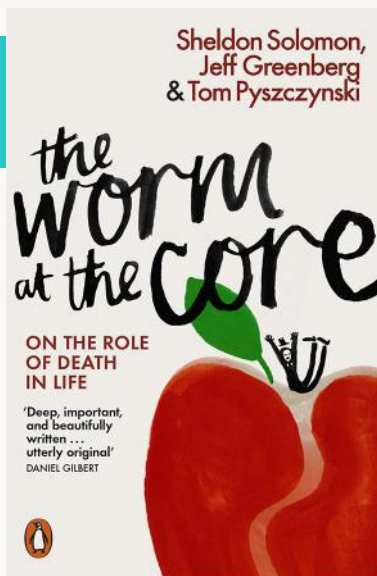
Why have most people seemingly lost their reasonableness and common sense when trying to discuss Gay, Women, Race and Trans issues? An easy to read breakdown of how our relationship to reality has been eroded, illustrated with some absurd examples from the last few years. Funny, quick paced and very British. Listen on Audible to hear Douglas recite Nicki Minaj.



[Buy On Amazon](#)

THE WORM AT THE CORE: ON THE ROLE OF DEATH IN LIFE

Sheldon Solomon & Jeff Greenberg



Death Anxiety, Philosophy, Existentialism, Meaning

An easier, more accessible way to understand Ernest Becker's *The Denial Of Death*. The human tendency toward Death Denial is something I think everyone should be aware of, but Ernest Becker's book is a tough tome to get through. Sheldon gives a broader, simpler explanation of the area with more modern examples and terminology. If you keep hearing about existentialism and have no idea what it is, this is a nice introduction to some of the thinkers.

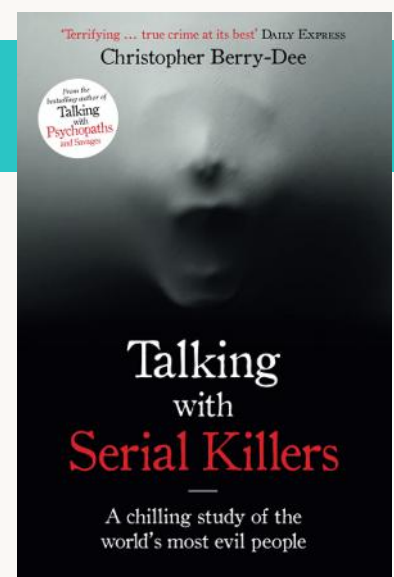
[Buy On Amazon](#)

TALKING WITH SERIAL KILLERS: A CHILLING STUDY OF THE WORLD'S MOST EVIL PEOPLE

Christopher Berry-Dee

True Crime, Murder, Psychology, Biography

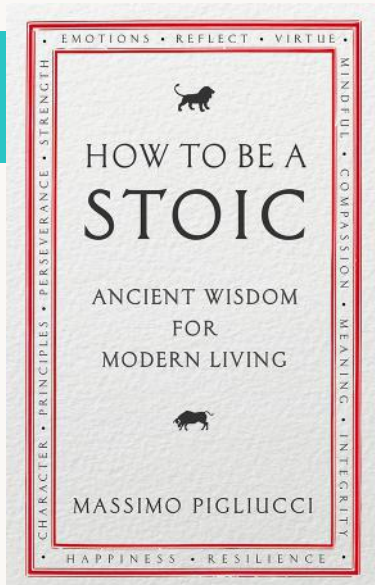
Interviews with some of the most evil killers from history by the world's most famous investigative criminologist. If you love true crime, this entire series is perfect. Christopher is British and writes in a dry, witty, scathing way which adds his own opinions and insights to the facts of the stories and interviews. The book is split up into chapters on each killer which makes it easy to pick up and put down. Good holiday read.



[Buy On Amazon](#)

HOW TO BE A STOIC: ANCIENT WISDOM FOR MODERN LIVING

Massimo Pigliucci



Stoicism, Life Design, Philosophy, Mindset

A very practical journey into Stoicism and how to apply Stoic principles and learnings to your everyday life. Exercises explaining ways to cope with emotions, how to focus on leading a good life, dealing with setbacks and more. A more pragmatic approach to Stoicism than some books, it's not just what the philosophy IS but what it DOES and how you can use that to help improve your life.

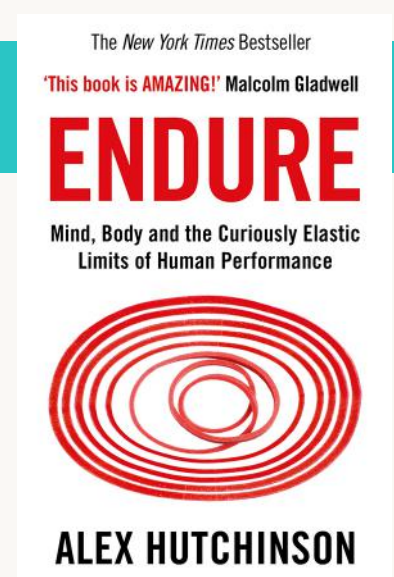
[Buy On Amazon](#)

ENDURE: MIND, BODY AND THE CURIOUSLY ELASTIC LIMITS OF HUMAN PERFORMANCE

Alex Hutchinson

Athletics, Peak Performance, Sports Psychology, Resilience

Just a fantastic, inspiring read. Alex deconstructs 'endurance' and then shows how far the human body can go. Illuminated by examples from history, extreme events, athletics, science and more. Every athlete and coach needs to read this but the implications are applicable for anyone with an interest in performance and resilience. Very easy to get through.



[Buy On Amazon](#)

HUMAN COMPATIBLE: AI AND THE PROBLEM OF CONTROL

Stuart Russell

Stuart Russell
HUMAN
COMPATIBLE



AI and the Problem of Control

allen lane

[Buy On Amazon](#)

Artificial Intelligence, Existential Risk, Computing, Futurism

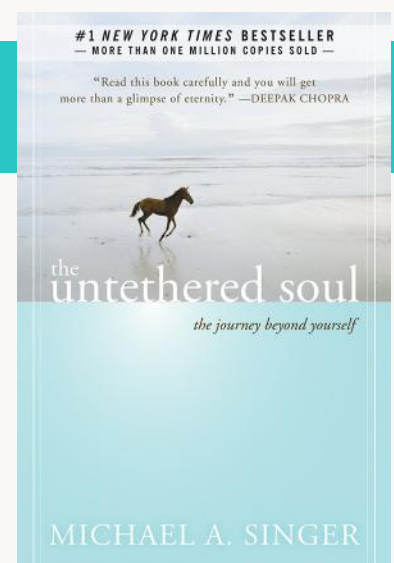
A deep dive into The Control Problem of aligning artificial intelligence's goals with those of humanity. What happens if we get it wrong? Why is it so easy to create an AI which doesn't care for our wellbeing? Dread-inducing and awe-inspiring in equal measure. Accessibly written with tons of analogies and examples, this is an easier read than Superintelligence and will teach you some very cool things about how the digital world works.

THE UNTETHERED SOUL: THE JOURNEY BEYOND YOURSELF

Michael A. Singer

Spirituality, Waking Up, Enlightenment, Consciousness

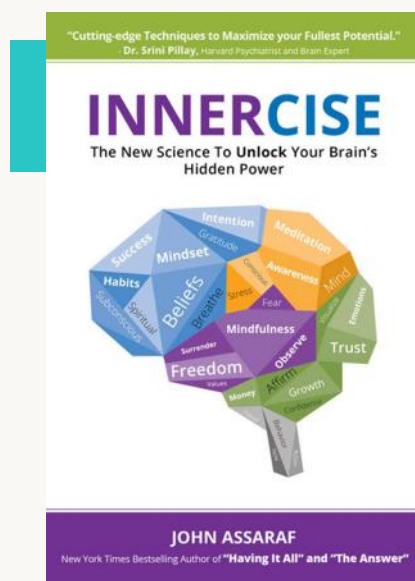
Probing insights into the nature of our own conscious experience, the self and how to improve the relationship with our inner monologue. A peaceful, investigative read with lots of questions to ask yourself as you go through. If you're interested in why our internal world is the way it is - this is a great book. Only 200 pages long.



[Buy On Amazon](#)

INNERCISE: THE NEW SCIENCE TO UNLOCK YOUR BRAIN'S HIDDEN POWER

John Assaraf



Mindset Toolkit, Emotions, Neuroscience, Practical Improvement

Taking the principles of science-based mental and emotional techniques to help you overcome mindset challenges, emotional blocks and habitual patterns. More direct & practical than most psychology books and more applicable & accessible than most science books. Essentially a mindset toolkit for improving your internal state. Not exactly a casual read, but super relevant.

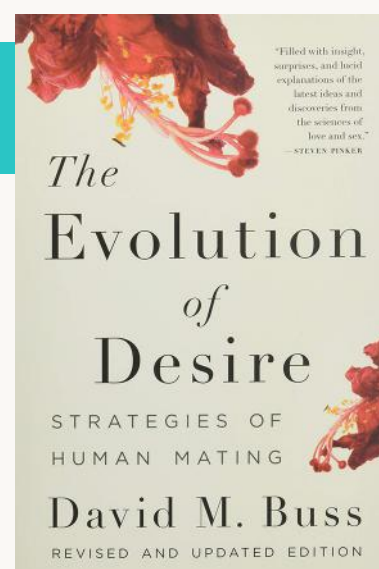
[Buy On Amazon](#)

THE EVOLUTION OF DESIRE: STRATEGIES OF HUMAN MATING

David Buss

Sexual Selection, Evolutionary Psychology, Dating, Sex

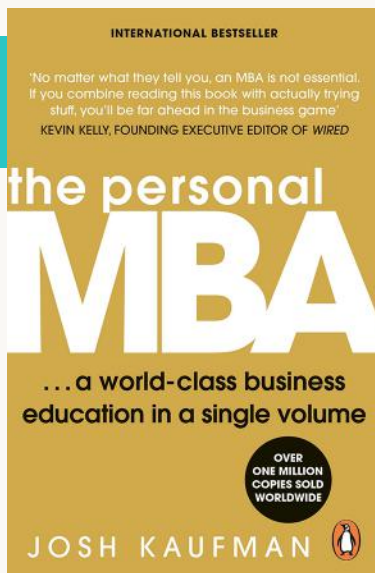
What do women and men want from sex and why do their desires differ? THE book to understand how our attraction system works. 10,000+ people were studied and the insights on sex are presented through the lens of evolutionary psychology in an accessible manner. Examples from history, nature and science keep this moving along quickly.



[Buy On Amazon](#)

THE PERSONAL MBA: A WORLD-CLASS BUSINESS EDUCATION IN A SINGLE VOLUME

Josh Kaufman



Business, Marketing, Systems, Entrepreneurship

I didn't learn anything from either of my business degrees. This one book gives a more practical, applicable overview of every area of business education that you need. From Marketing to HR, Advertising, Finances, Accounting and everything else, all the principles for running an effective business are in it. Accessibly written but understandably a bit dry if you're after a fun read. Nearly 500 pages.

[Buy On Amazon](#)

THE E-MYTH REVISITED: WHY MOST SMALL BUSINESSES DON'T WORK AND WHAT TO DO ABOUT IT

Michael E. Gerber

Entrepreneurship, Small Business, Principles, Founder Advice

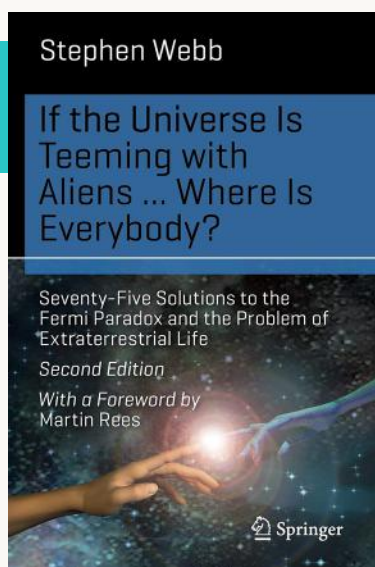
THE book for how to start, build, maintain and monetise a business. Mandatory reading for any fledgling entrepreneur. What does it mean to start a business as opposed to just taking on more risk as a solo operator? How can you create a system where your company works without you being there? Tons of insights which would usually take 10 years of failures to accumulate in a book that's less than 300 pages.



[Buy On Amazon](#)

IF THE UNIVERSE IS TEEMING WITH ALIENS... WHERE IS EVERYBODY? SEVENTY-FIVE SOLUTIONS TO THE FERMI PARADOX AND THE PROBLEM OF EXTRATERRESTRIAL LIFE

Stephen Webb



[Buy On Amazon](#)

Alien Life, Science, Physics, Other Worlds

Given the length of this book's title, there's not much else to say. If you like thinking about aliens and space and potentials for other civilisations, this is a really good read. Everyone loves to speculate about why there's so many stars but so few visible aliens and this book gives you more ammunition to answer that question than you'll ever need. Easy to pick up and put down, would probably make a sick coffee table book too.

INTO THE WILD

Jon Krakauer

Real Life Story, Adventure, Solo Journey, Nature

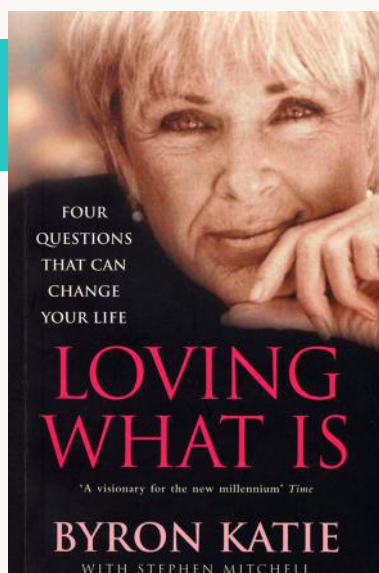
A narrative-description of a young man's story who left his normal life and wandered the United States looking for adventure and solitude. Kind of melancholy, kind of beautiful, kind of inspiring. If you've got a wanderlust and a love for nature, this will satisfy it. Written in a semi-detective format as the author tracks the footsteps of the protagonist Chris. Great bedtime read.



[Buy On Amazon](#)

LOVING WHAT IS: HOW FOUR QUESTIONS CAN CHANGE YOUR LIFE

Byron Katie



Spirituality, Mental Wellness, Depression, Self-Enquiry

A friend called this “the most important book I’ve ever read”. Byron Katie lays out a self-enquiry sequence of questions and an underlying philosophy for overcoming negative thought patterns and improving happiness. I’ve never managed to get this system to stick but it’s super popular and I can totally see it working for lots of people. Makes for an interesting insight into how your emotions and cerebral monologue interact.

[Buy On Amazon](#)

THINKING, FAST AND SLOW

Daniel Kahneman

Psychology, Cognitive Biases, Rationality, Decision Making

The OG of cognitive biases and rationality. Why is there more chance we'll believe something if it's in a bold typeface? Why are judges more likely to deny parole before lunch? Why do we assume a good-looking person will be more competent? If you're interested in how the mind works and why you have the decisions, opinions and beliefs that you do, this is a fascinating read. Illustrated with example experiments which you can perform on yourself and really drive the points home. Read it, do not get it on Audible, many of the examples are visual and it makes for a messy listen.

'A lifetime's worth of wisdom'
Steven D. Levitt, co-author of *Freakonomics*

The International Bestseller

Thinking, Fast and Slow



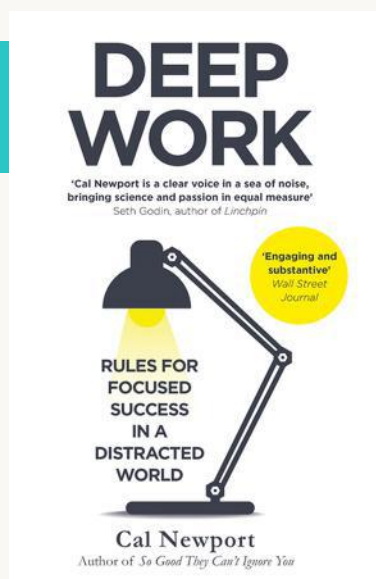
Daniel Kahneman
Winner of the Nobel Prize



[Buy On Amazon](#)

DEEP WORK: RULES FOR FOCUSED SUCCESS IN A DISTRACTED WORLD

Cal Newport



[Buy On Amazon](#)

Productivity, Focus, Work-Philosophy, Fundamental

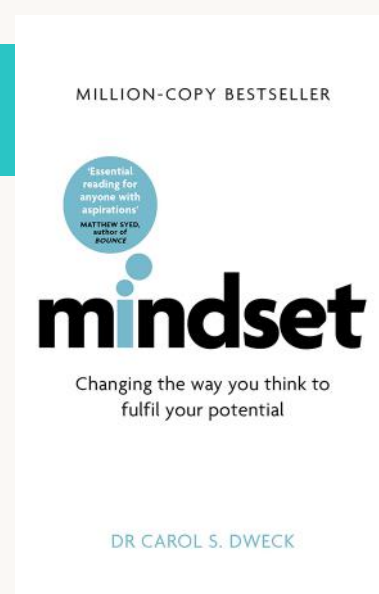
If you haven't already, this is a must read for all knowledge-workers. Distraction is the kryptonite of the 21st century and the principles Cal lays out here are as close to a cure as you're going to get. Indispensable insights into why you should prioritise doing single-task, focused work. The central message is easy to understand and it's more about drilling that concept in with examples so I imagine this would be an easy Audible listen.

MINDSET: CHANGING THE WAY YOU THINK TO FULFIL YOUR POTENTIAL

Carol Dweck

Psychology, Personal Growth, Fundamentals, Motivation

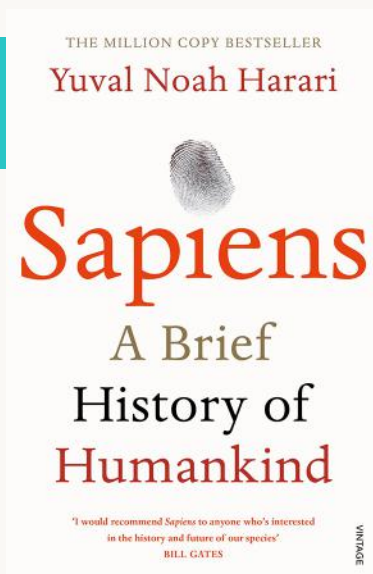
Another must-read. THE book behind "Fixed vs Growth Mindset". Why do some people seem to be able to move through challenges and continue to grow while others stay put and make no progress? Carol lays out a framework for understanding the fundamentals of our mindset with examples from sports, teaching, business and more. Implications for your own motivation along with any students or children you're in charge of motivating too.



[Buy On Amazon](#)

SAPIENS: A BRIEF HISTORY OF HUMANKIND

Yuval Noah Harari



[Buy On Amazon](#)

History, Biology, Anthropology, Civilisation, Big Picture

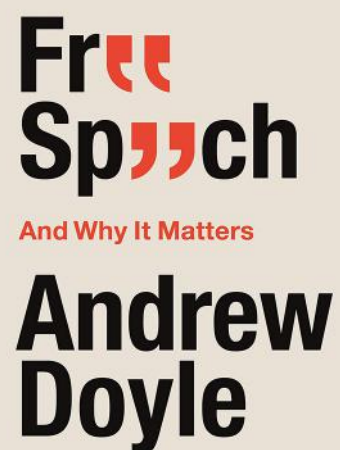
The seminal breakdown of how human civilisation was founded, evolved, matured and developed. Basically a story book of our species' own history. Beautifully written in an enjoyable style with vivid descriptions and narratives. Another great break from reading non-fiction purely for self-development. I found myself taking a lot from this book which informed how I saw the world without labouring or obsessing over retaining everything. Makes for a fantastic Audible listen.

FREE SPEECH AND WHY IT MATTERS

Andrew Doyle

Politics, Culture, Liberty, Modern Challenges

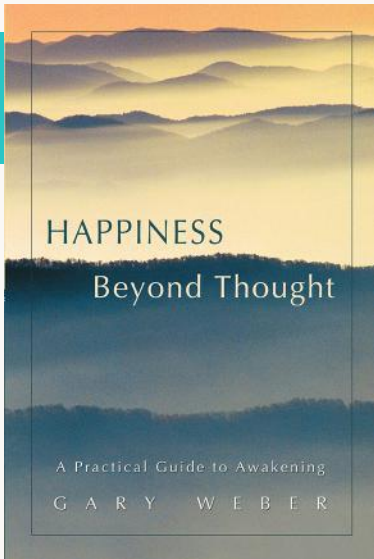
A short, 100-page breakdown of one of the most contentious topics of the last few years. Should we be able to say whatever we want? Is free speech as crucial to a flourishing society as everyone claims? Given how often this is brought up, understanding the argument is pretty important. If you enjoy Titania McGrath on Twitter, you'll enjoy this.



[Buy On Amazon](#)

HAPPINESS BEYOND THOUGHT: A PRACTICAL GUIDE TO AWAKENING

Gary Weber



Enlightenment, Spirituality,
Mindfulness, Self-Enquiry

Gary has been studied by brain scans to have an incredibly different brain state to pretty much everyone else where his Default Mode Network is basically inactive. His process for achieving this enlightenment gets introduced in this book. Super practical with lots of questions, self-enquiry suggestions and practices from yoga asanas to breath work, chanting and meditation. Perhaps a little advanced if you've never done any self-enquiry before but if you've been meditating for a while and are interested in going deeper down the rabbit hole, this is a good option.

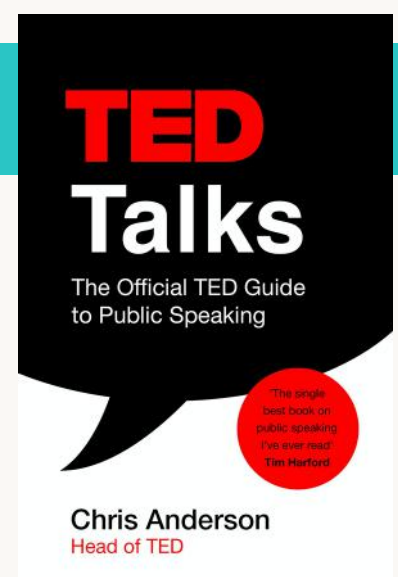
[Buy On Amazon](#)

TED TALKS: THE OFFICIAL TED GUIDE TO PUBLIC SPEAKING: TIPS AND TRICKS FOR GIVING UNFORGETTABLE SPEECHES AND PRESENTATIONS

Chris Anderson

Public Speaking, Presentation Skills

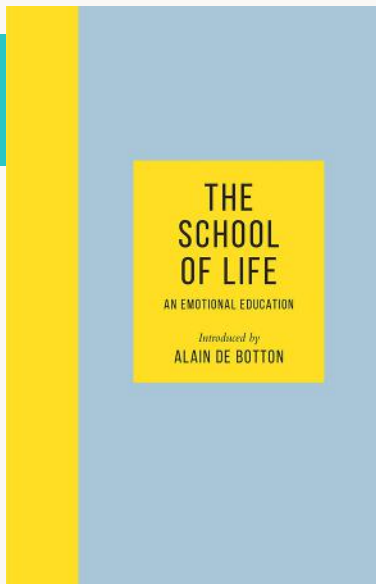
The guy who owns TED teaches you how to create the perfect talk. Much of it is probably obvious to established speakers but it really helped me in my TEDx Prep. It's a fairly full-stack breakdown from script writing to memorisation, wardrobe suggestions and how to use slides. Definitely an easy Audible listen, just make some notes of any really important takeaways as you go and you can complete the book in a couple of days.



[Buy On Amazon](#)

THE SCHOOL OF LIFE: AN EMOTIONAL EDUCATION

Alain De Botton



[Buy On Amazon](#)

Emotional Intelligence, Self-Understanding, Psychology

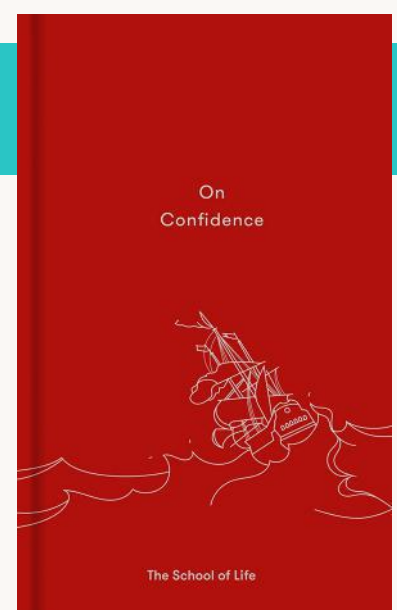
How can you understand your emotions? It's a fairly difficult question to answer. Alain gives a great breakdown of the most important insights for comprehending our own internal states. It's very comprehensive, contains a lot of illustrations and photographs to explain points and draws on scientific research, literature, history, and childhood psychology. I particularly like how accessibly this is written, it's a bit fluffier than most books like this but I think it adds a lot to the message. If you like TSOL on YouTube, this is definitely for you.

ON CONFIDENCE

The School of Life

Short Essays, Confidence, Literature, History, Self-Understanding

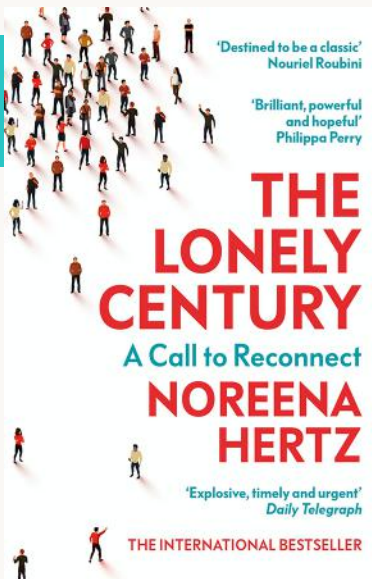
A 50-page exploration into what confidence is and why we sometimes struggle to attain it. I love how TSOL uses examples from history and literature and art to illustrate their points. Realising that the challenges you face have been attempted by individuals throughout the ages helps to give a lot of perspective.



[Buy On Amazon](#)

THE LONELY CENTURY: A CALL TO RECONNECT

Noreena Hertz



[Buy On Amazon](#)

Psychology, Loneliness, Health, Depression, Happiness

Almost everyone has commented on how an increasingly technological society seems to be ever more detached from each other. Noreena illustrates how loneliness impacts our physical and mental health with scientific and anthropological studies to back up her conclusions. This is basically the Why We Sleep red pill for loneliness. If you think you're an introvert or spend lots of time on your own then you need it. Loneliness is worse for your health than smoking 10 cigarettes a day, learn why.

BILLION DOLLAR LOSER: THE EPIC RISE AND FALL OF WEWORK

Reeves Wiedeman

Business Case Study, Finances, Investing, Real World Catastrophe

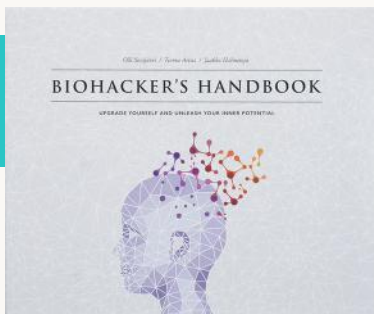
A breakdown of WeWork's catastrophic fall from grace. Like watching a slow motion car crash unfold page by page. Some interesting insights for founders and startup CEOs but mostly it's not hugely applicable to your daily life, it's just a really interesting, well-written, investigative book on a company and a CEO that massively messed up.



[Buy On Amazon](#)

BIOHACKER'S HANDBOOK: UPGRADE YOURSELF AND UNLEASH YOUR INNER POTENTIAL

Teemu Arina & Olli Sovijärvi



[Buy On Amazon](#)

Biohacking, Longevity, Health, Fitness, Productivity

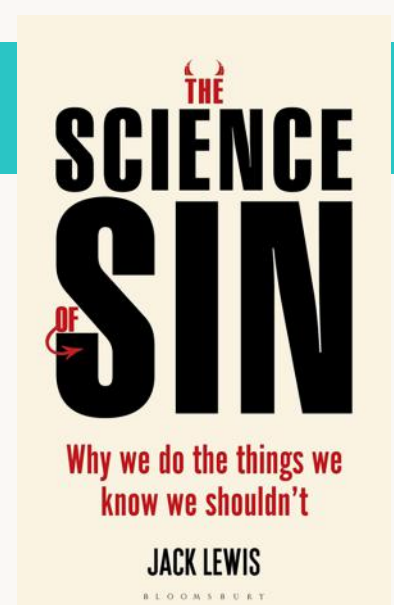
My favourite biohacking book, this is a proper tome. Pretty much everything you want to know about optimising sleep, nutrition, exercise, work and the mind. Hugely well researched with immediately applicable strategies for hacking those 5 main chapters. More of a coffee table/reference book which you will pick up and put down rather than one you'd move through in one go but you'll find tons of useful strategies and tools in here

THE SCIENCE OF SIN: WHY WE DO THE THINGS WE KNOW WE SHOULDN'T

Jack Lewis

Neuroscience, Psychology, Human Behaviour

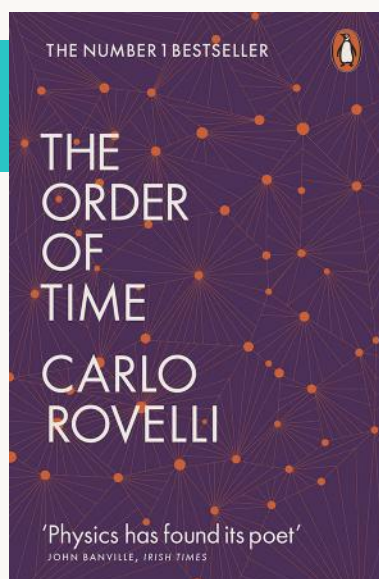
A neuroscience doctor breaks down why the 7 deadly sins manifest in our daily lives and how they're adaptive. Why can't you stick to your diet? Why do people pursue extra-marital affairs? How come the sofa is so comfy? A really great look at the brain science of why temptation exists. Really helped me to understand that many of the temptations I have aren't something to be guilty about, just something to be conscious of.



[Buy On Amazon](#)

THE ORDER OF TIME

Carlo Rovelli



[Buy On Amazon](#)

Physics, Time, Space, Philosophy

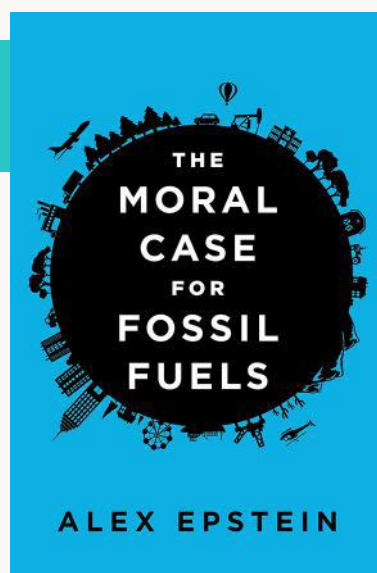
A short 200-page read explaining what the phenomenon of time actually is. Fundamentally fascinating and fast paced. Given that it's describing one of the most complex concepts of our universe, it can take a little brain power to understand but it's made as accessible as it could. Carlo has even managed to create a narrative out of the discovery of time to keep the story engaging. The Audiobook is read by Benedict Cumberbatch which is a route-1 identifier that you absolutely need this on Audible.

THE MORAL CASE FOR FOSSIL FUELS

Alex Epstein

Energy Research, Fossil Fuels, Global Warming, Ecology

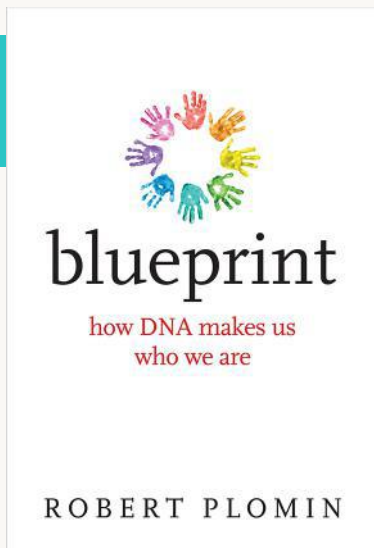
A counter-position to the environmentalist movement which has been prominent over the last few decades. Alex explains why increased fossil fuel usage has been correlated with increases of human wellbeing for pretty much any measure you care to take. Why is solar and wind energy not a useful replacement? Why are environmentalists so averse to Nuclear and Hydro Energy? What is the underlying philosophy guiding the modern Eco-movement? A really interesting one this.



[Buy On Amazon](#)

BLUEPRINT: HOW DNA MAKES US WHO WE ARE

Robert Plomin



[Buy On Amazon](#)

Behavioural Genetics, Twin Studies, Psychology, Intelligence

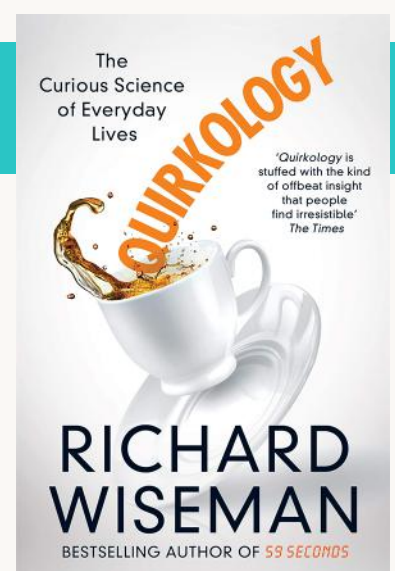
A game changing insight by the most prominent twin-studies researcher on the planet into how important our genes are in determining who we will become. From divorce to addiction, intelligence, interests, introversion and even whether we're a morning person. All our traits have a huge heritable element to them which makes for a fascinating consideration in a meritocratic society where you are what you achieve. Profound and insightful.

QUIRKOLOGY: THE CURIOUS SCIENCE OF EVERYDAY LIVES

Richard Wiseman

Strange Science, Life Explanations, Statistics

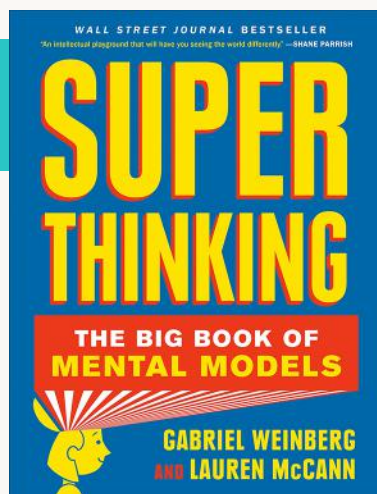
Like Freakonomics but British and funnier. There are fascinating correlations between lots of random things in life, but why? How is our personality shaped by the date we're born on and the way we walk? Why does our surname influence our life outcomes? What is the funniest joke in the world? It's not going to change your life, but is a lighthearted, easy read.



[Buy On Amazon](#)

SUPER THINKING

Gabriel Weinberg & Lauren McCann



[Buy On Amazon](#)

Mental Models, Decision Making, Rationality

Ok this is a monster. Every mental model you've ever heard of and more. Rather than most mental models books, this one uses narrative and integrates the models into prose with examples instead of being a glorified glossary list of biases and definitions. Super practical for anyone who wants to become a more effective thinker.

ECONOMY OF TRUTH: PRACTICAL MAXIMS AND REFLECTIONS

Vizi Andrei

Aphorism Wisdom, Philosophy, Mental Models, History

My current toilet-book - not to be taken as an insult. Individual, short quotes, aphorisms and concepts from history, literature, philosophy, art, systems design and Vizi's own insights make this a really good, profound read which you can pick up for 30 seconds and get an interesting concept from. Kind of unique in that there isn't a single argument being made, but it's beautifully illustrated and as accessible as jumping on Twitter.

"A very creative and thought-provoking work."
— Larry Sanger, ex-founder of Wikipedia



ECONOMY
OF TRUTH

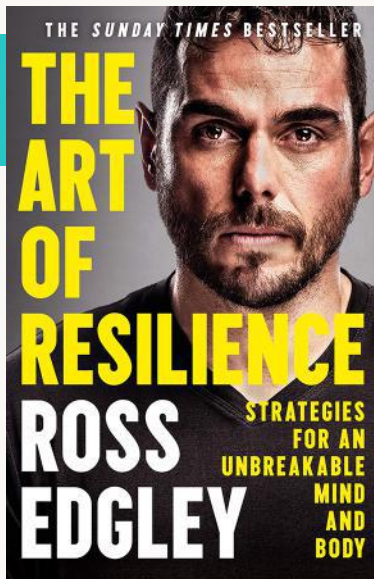
*Practical Maxims
And Reflections*

VIZI ANDREI

[Buy On Amazon](#)

THE ART OF RESILIENCE: STRATEGIES FOR AN UNBREAKABLE MIND AND BODY

Ross Edgley



Stoicism, Sports Performance,
Endurance, Inspirational Stories

Ross Edgley became the first man to swim around Great Britain and uses the diary of his swim to illustrate points from Stoic philosophy principles for resilience and sports science insights. Inspiring, especially if you're suffering with adversity, injury or setbacks. Ross has a great, energising voice so the Audible for this is highly recommended.

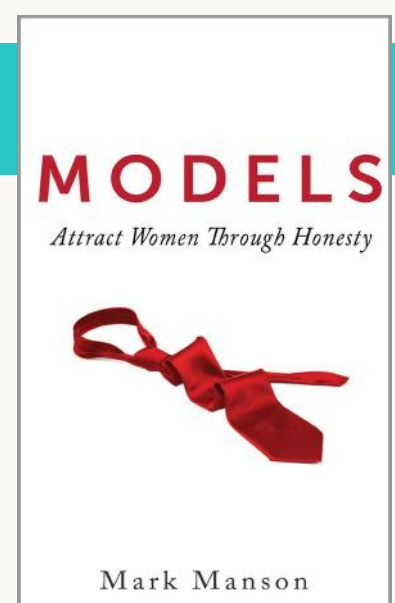
[Buy On Amazon](#)

MODELS: ATTRACT WOMEN THROUGH HONESTY

Mark Manson

Dating Advice For Men, Pick Up
Artistry, Relationships

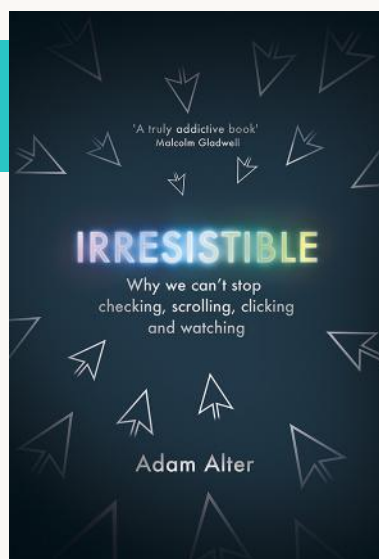
Probably the first book you need as a man to become effective at dating. Manson went on to superstardom afterwards but this book is still a classic. What is the root behaviour that causes female attraction? How can you overcome nervousness? How can you keep conversations with women engaging and interesting? Really applicable and a hugely needed piece of ethical, confidence-inducing advice for men in the dating market.



[Buy On Amazon](#)

IRRESISTIBLE: WHY WE CAN'T STOP CHECKING, SCROLLING, CLICKING AND WATCHING

Adam Alter



[Buy On Amazon](#)

Internet Addiction, Social Media, Psychology

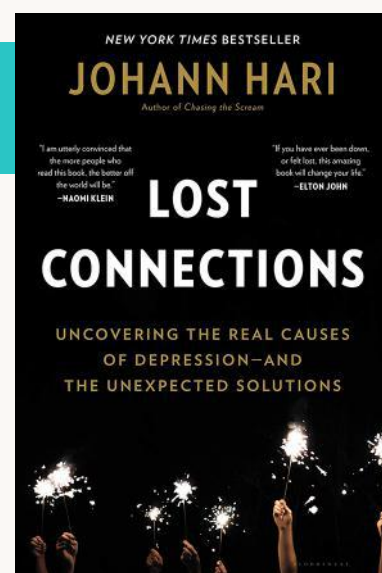
A couple of years old now but the fact it's still relevant shows how prophetic it really was. If you're interested or fearful of the effects that social media and always-on technology is having on your life and society then you'll enjoy this. Great insights into why technology is so addictive and how to control it. Would be great to see another book do a deeper dive into tech-reduction strategies but this book sets the stage brilliantly. Easy listen on Audible.

LOST CONNECTIONS: UNCOVERING THE REAL CAUSES OF DEPRESSION—AND THE UNEXPECTED SOLUTIONS

Johann Hari

Depression, Mental Health, Happiness, Psychology, Psychiatry

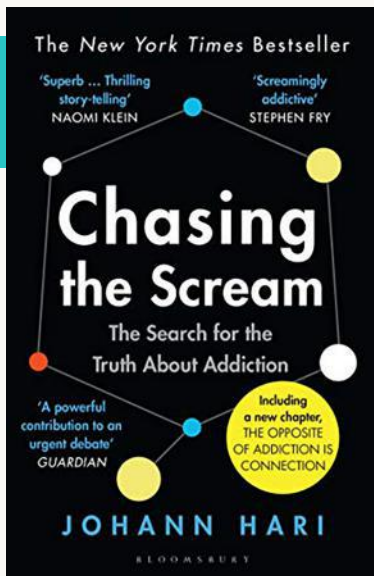
A really fantastic dive into depression's causes. Almost everyone is going to suffer with some form of depression during their adult lives so educating yourself on it makes a lot of sense. Johann has trawled the entire globe speaking to some of the world's most prominent experts and drawing on examples from history, anthropology, politics and more to elaborate his point. Probably a book to Audible as it is a bit wordy and Johann has a lovely accent.



[Buy On Amazon](#)

CHASING THE SCREAM: THE SEARCH FOR THE TRUTH ABOUT ADDICTION

Johann Hari



[Buy On Amazon](#)

Addiction, Mental Health, Happiness, Psychology, Public Policy

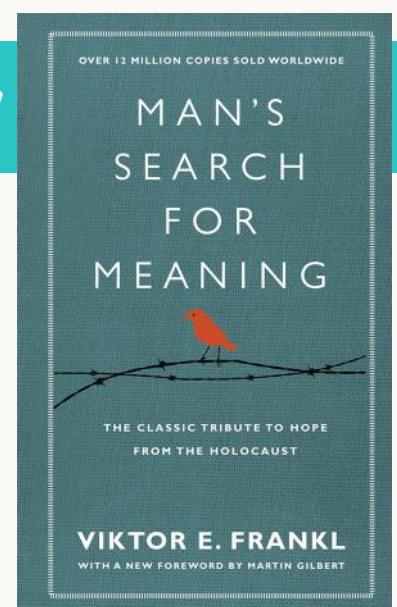
Johann's first deep dive book and a really good one. An exploration of drug policy through the ages, different perspectives on addiction, compassionate viewpoints on hopeless cases and more. Johann really doesn't shy away from research and he's got endless stories and examples from history to really drive home a very novel and counterintuitive story about drug use, illegality and dependency.

MAN'S SEARCH FOR MEANING: THE CLASSIC TRIBUTE TO HOPE FROM THE HOLOCAUST

Victor Frankl

Prisoner Of War, True Story, Psychology, Resilience, Hope

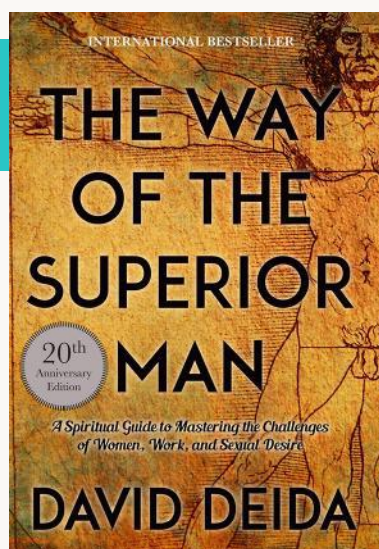
Frankl was a Jew held at Auschwitz by the Nazis, he lost his entire family and then spent the next few years trying to survive the concentration camps. He was also a psychiatrist so he used his time in the camp to observe the other captives and create a theory of human nature and motivation based on what he saw. The result is a harrowing, hopeful, insightful journey which is doubly satisfying as you get to hear the story AND his proposed psychological explanation for why these situations occurred within one book. A serious contrast effect occurs upon reading too.



[Buy On Amazon](#)

THE WAY OF THE SUPERIOR MAN: A SPIRITUAL GUIDE TO MASTERING THE CHALLENGES OF WOMEN, WORK, AND SEXUAL DESIRE

David Deida



[Buy On Amazon](#)

Relationships, Masculinity, Family Life, Career Advice

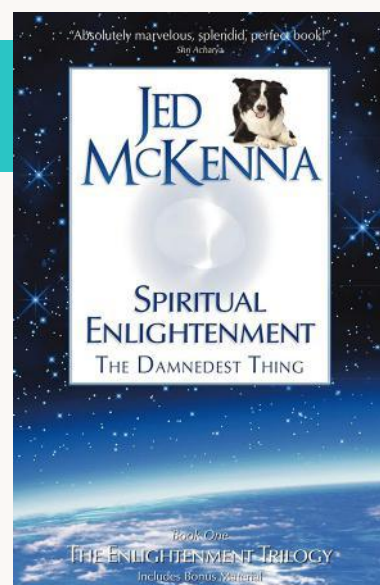
A classic insight into masculinity, the challenges of living as a male, what it means to be a man and how you can grow spiritually while juggling all the other requirements of your life like work, women and sexual desire. Not everything will be applicable to your life situation right now but there's guaranteed to be a couple of concepts which cause an earthquake-sized penny to drop. A short read at around 200 pages.

SPIRITUAL ENLIGHTENMENT: THE DAMNEDEST THING

Jed McKenna

Spirituality, Waking Up, Enlightenment, Mindfulness

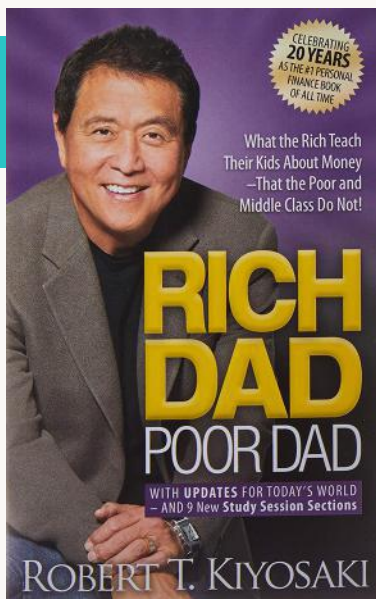
Wow. What an underground gem this is. Half investigation into waking up, half journal by an anonymous spiritual leader who doesn't want to be followed. If you're interested in what Truth Realisation genuinely is, you'll love this. Jed cuts through the BS of the enlightenment & zen world by telling it exactly how it is from his perspective as an enlightened guy. Written in superbly precise language, it makes me feel very peaceful and aligned every time I read a passage. Serious stuff.



[Buy On Amazon](#)

RICH DAD POOR DAD: WHAT THE RICH TEACH THEIR KIDS ABOUT MONEY THAT THE POOR AND MIDDLE CLASS DO NOT!

Robert Kiyosaki



[Buy On Amazon](#)

Finance, Money Management, Fundamentals, Business

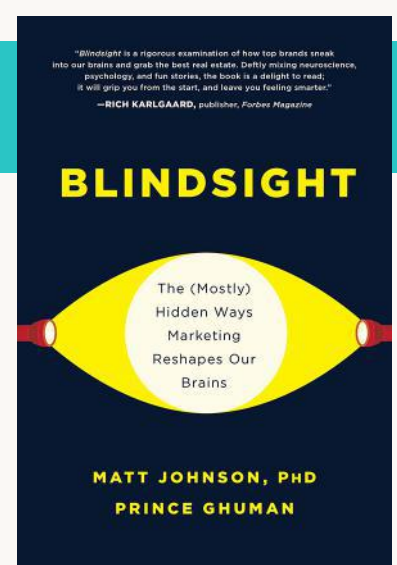
The only other finance book on this list apart from Morgan Housel and Naval. One single message: acquire assets which earn money, not liabilities which cost money, drilled home through a ton of examples, stories and thought experiments. If you haven't read this then you really need to as it's completely essential to being a functioning adult. That being said, you can get away with just Audibling this one. It's an easy listen without much nuance. Just make sure the main message sticks.

BLINDSIGHT: THE (MOSTLY) HIDDEN WAYS MARKETING RESHAPES OUR BRAINS

Matt Johnson & Prince Ghuman

Behavioural Economics, Advertising, Consumer Behaviour

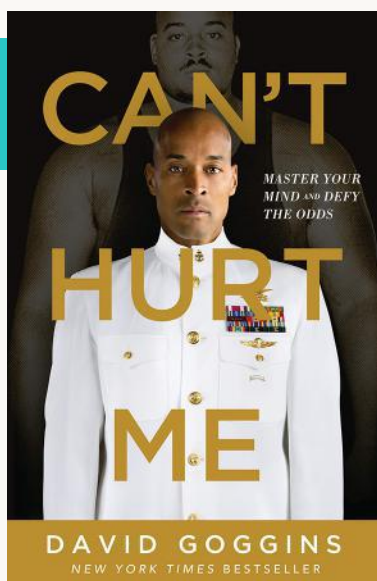
More awesome insights into the world of how advertising and human psychology interact. Why do all watch ads show 10:10 as the time? Why do fast-food restaurants use red or yellow in their logos? Why are certain stores always having a sale? A required read if you're in advertising but also an easy, fun book if you're just an interested consumer or someone who likes human behaviour. Watch out for the Dog Food story.



[Buy On Amazon](#)

CAN'T HURT ME: MASTER YOUR MIND AND DEFY THE ODDS

David Goggins



[Buy On Amazon](#)

Resilience, Mindset, Mental Toughness, Inspirational

If you're stuck in a rut and need a kick up the arse, this is the one. Goggins is a total animal and shares stories from his life from being a fat loser to a Navy Seal Ranger and ultra endurance racer. Not for the faint of heart, this is a raw, uncensored look into the weak and strong parts of humanity. A good book but even better on Audible with additional commentary and discussions from Goggins throughout.

EFFORTLESS: MAKE IT EASIER TO DO WHAT MATTERS MOST

Greg McKeown

Productivity, Philosophy, Minimalism, Essentialism

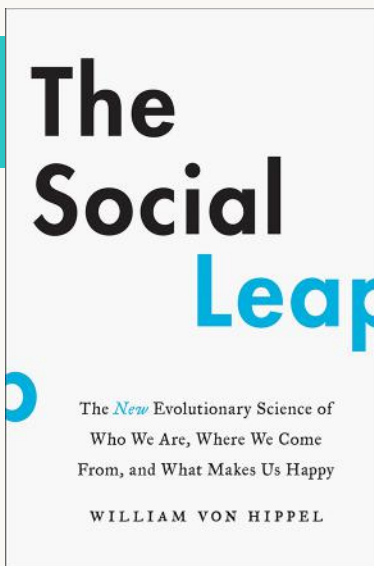
Another counter to the pervasive “work harder” mentality. If you’ve already read *Essentialism* and still find yourself overwhelmed, this book has a bunch of scalable, robust strategies for making life easier and still getting everything done. Another one you can probably Audible, it’s more about driving home a central message than taking specific concepts.



[Buy On Amazon](#)

THE SOCIAL LEAP: THE NEW EVOLUTIONARY SCIENCE OF WHO WE ARE, WHERE WE COME FROM, AND WHAT MAKES US HAPPY

William Von Hippel



[Buy On Amazon](#)

Evolutionary Biology, Anthropology, History, Psychology

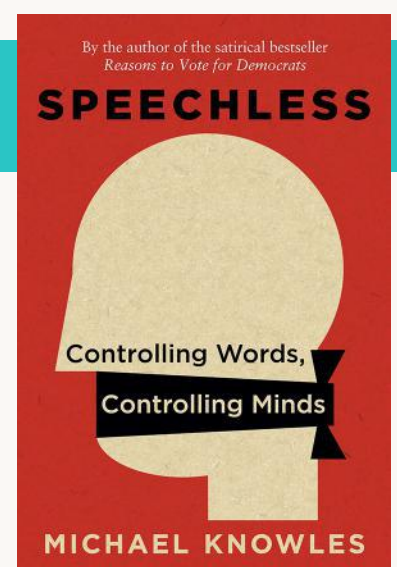
For fans of Sapiens by Harari. A deep dive into the challenges presented to our ancestors when they started existing on grasslands and needed to coordinate. Why do children love throwing stones? Why do we believe our own lies? An easy read with humour and a good narrative structure as it tracks our evolution. Again, another nice non-fiction read which doesn't have the pressure of remembering the concepts to implement in your life.

SPEECHLESS: CONTROLLING WORDS, CONTROLLING MINDS

Michael Knowles

Free Speech, Conservative Commentary, Modern Culture, Politics

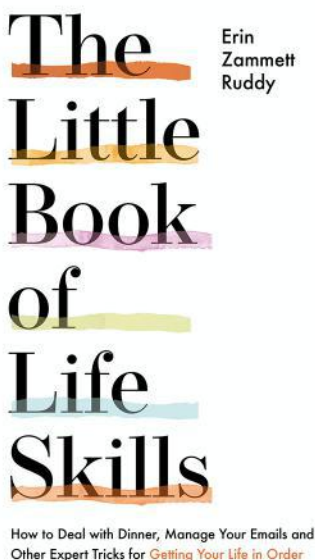
A very deep dive into why restrictions on language are being used by some groups as a power grab. Exploring ideas from political theory and history to highlight why our current censorship is a dangerous position to be in. A really robustly researched antidote to use if you find yourself regularly having to defend the position of free speech.



[Buy On Amazon](#)

THE LITTLE BOOK OF LIFE SKILLS: HOW TO DEAL WITH DINNER, MANAGE YOUR EMAILS AND OTHER EXPERT TRICKS FOR GETTING YOUR LIFE IN ORDER

Erin Zammett Ruddy



Life Hacks, Productivity, Optimising, Daily Skills

If the Modern Wisdom Life Hacks series was written for daily family life, this might be it. From keeping a houseplant alive to folding laundry correctly, planning food shops, ending an argument and more. It's kind of like a manual on How To Be A Human. Really good reference book and a short, fun read which you can dip in and out of. Wouldn't buy it on Audible. Would probably make a great present.

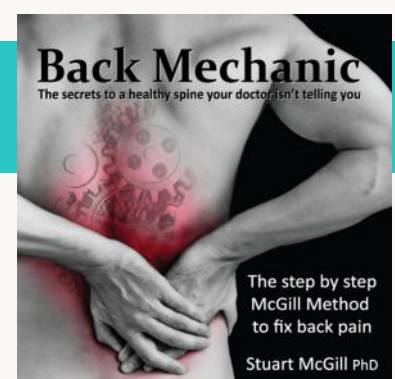
[Buy On Amazon](#)

BACK MECHANIC

Dr Stuart McGill

Back Pain, Fitness, Rehabilitation, Injury Prevention

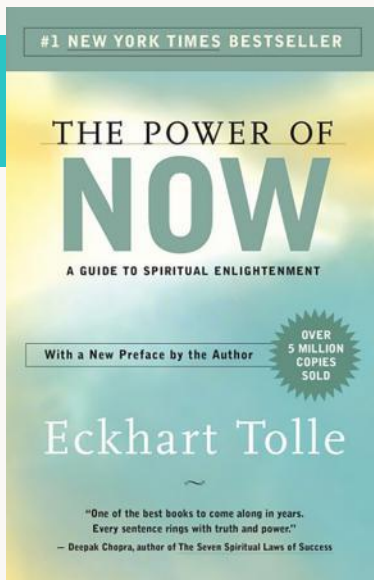
The bible on back health. If you are suffering with back pain, read this and follow the system for 6 months before considering a surgical option or getting a chiropractor to snap you in half. Dr McGill is the #1 back pain specialist on the planet and he gives a world class breakdown of why back pain occurs, how to negate it, and how to rehabilitate yourself back to a pain-free life. Unavailable on Kindle so you have to buy the paperback of this.



[Buy On Amazon](#)

THE POWER OF NOW: A GUIDE TO SPIRITUAL ENLIGHTENMENT

Eckhart Tolle



[Buy On Amazon](#)

Enlightenment, Presence, Mindfulness, Foundational

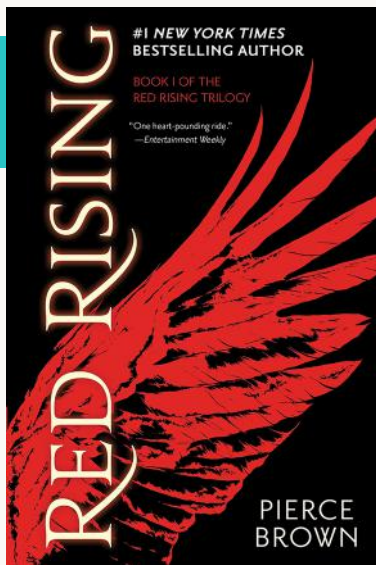
A fundamental exploration into why being present is so important for our mental and spiritual health. If you haven't yet understood the value of being present, this is all you need to be red pill'd. Written as a kind of self-enquiry dialogue with examples from Eckhart's own life, the lives of his students and history. I'd get it on Audible, the concept is easy to grasp, Eckhart's voice adds to the experience and there's some nice meditative bells throughout.

FICTION

RED RISING

Pierce Brown

(ALSO IN THE SERIES - GOLDEN SON, MORNING STAR, IRON GOLD & DARK AGE)



Sci-Fi, Futurism, Dystopia, Space, Political Fighting

Everyone I've told to read Red Rising has become addicted. This is a late-night killer. Honestly it should come with a warning label. Compelling, likeable characters, engaging storylines, fast moving narrative, shock twists and an easy reading style. Far in the future, humans are stratified out into classes based on their colour and the tyranny of the Golds is getting out of hand. Watch the uprising unfold.

[Buy On Amazon](#)

DANGEROUS TO KNOW

K.T. Davis

(ALSO IN THE SERIES - TOOTH AND CLAW, SOMETHING WICKED AND FROM HELL'S HEART)

Fantasy, Hero's Journey, Charismatic, Funny

Imagine Deadpool meets Game Of Thrones. Pretty much exactly like that. A swearsy, cool protagonist who is constantly getting stuff wrong tries to make his way through the world by chopping through anyone in his way. Potentially one of the easiest fiction reads I've ever come across. Very fast paced and rarely gets bogged down.



[Buy On Amazon](#)

SEVENEVES

Neal Stephenson



[Buy On Amazon](#)

Sci-Fi, Epic, Big Picture, Future Of Humanity

The moon explodes in the first chapter. The remainder of the book deals with humanity trying to survive the oncoming armageddon. How would we try to preserve entire species if we only had 18 months to get people off earth and nowhere to put them? I got totally immersed in this. Be warned it's a big investment which can move slowly at times but there are some jaw-dropping moments. You'll be learning about orbital dynamics and the challenges of existing in space, so concentrate.

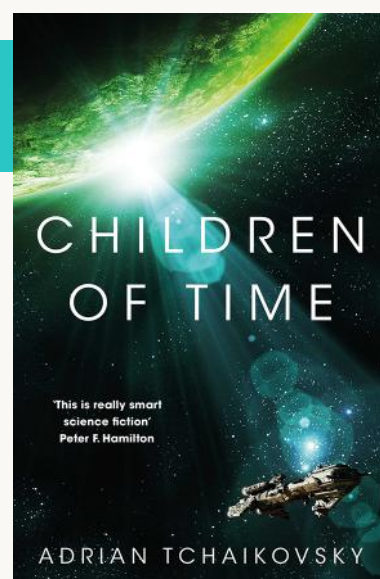
CHILDREN OF TIME

Adrian Tchaikovsky

(ALSO IN THE SERIES - CHILDREN OF RUIN)

Sci-Fi, Epic, Future Of Humanity, Evolution

Outstanding. In the future, humans try to seed a planet with super-fast evolving primates but everything goes wrong. If you like thinking about far future technologies and the end-point for the human race, you'll love this. Book 1 also switches each chapter between two consecutive storylines which kind of feels like reading two books at once within the same storyline, very cool. Book 2 made the hairs on my neck stand up and discusses superintelligent Octopi going to war in orbs of water. Just read it.

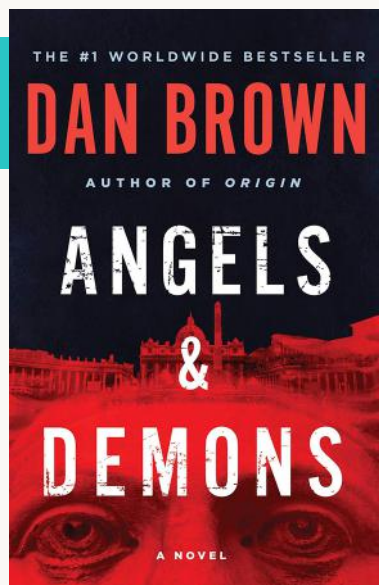


[Buy On Amazon](#)

ANGELS AND DEMONS

Dan Brown

(ALSO IN THE SERIES - THE DA VINCI CODE, THE LOST SYMBOL, INFERNO, ORIGIN, DIGITAL FORTRESS & DECEPTION POINT)



[Buy On Amazon](#)

**Mystery, Thriller, Travel,
European Cities**

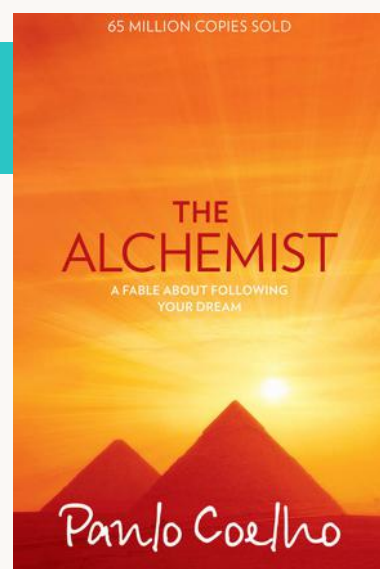
The book that set off the Da Vinci Code series with Tom Hanks. Really easy read, super fast paced with a compelling storyline that doesn't get bogged down in the characters or tangents. Twists and turns which keep you guessing and some beautiful descriptions of cities from Europe like Paris, Rome and Barcelona. Probably the perfect book to take on holiday for by the pool, you can always pick it up and drop right back into the story.

THE ALCHEMIST: A FABLE ABOUT FOLLOWING YOUR DREAM

Paulo Coelho

**Novel, Spirituality, Travelling,
Foreign Lands**

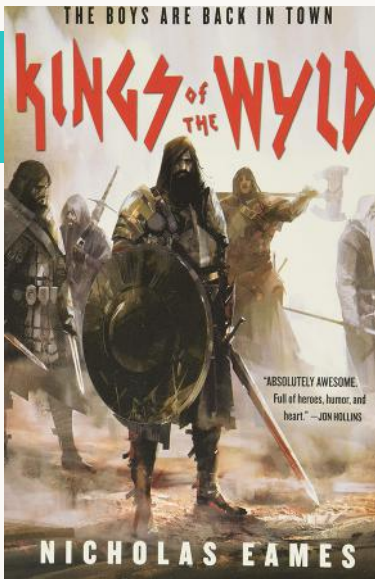
Simply a pleasure to read. If you've never enjoyed any Paulo Coelho then start here. A meaningful tale of a young shepherd chasing his dreams, meeting a girl he loves, learning about wisdom and more. Just a superbly pleasant experience to imagine this story unfolding with beautifully satisfied wanderlust throughout. Perfect for bedtime.



[Buy On Amazon](#)

KINGS OF THE WYLD: THE BAND

Nicholas Eames



Fantasy, Fast-Paced, Easy Read, Slick

Potentially the easiest read on this list. A fun fantasy world where groups of mercenary killers tour like rock bands, complete with managers and groupies. Really fast paced so you won't get bored. No super deep world-building but that's made up for with likeable, relatable characters and some genuinely laugh out loud moments. Another awesome bed time read.

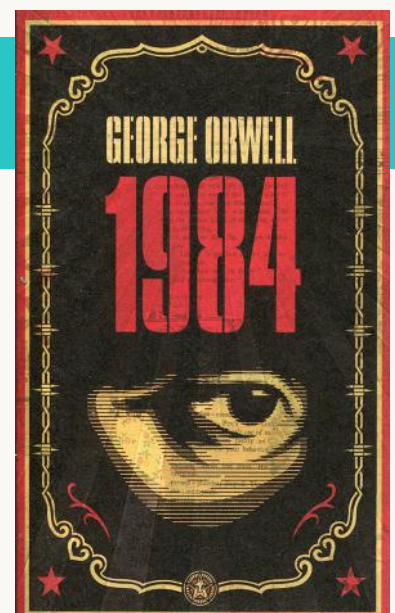
[Buy On Amazon](#)

1984 NINETEEN EIGHTY-FOUR

George Orwell

Dystopian, Political Commentary, Thriller, Mystery

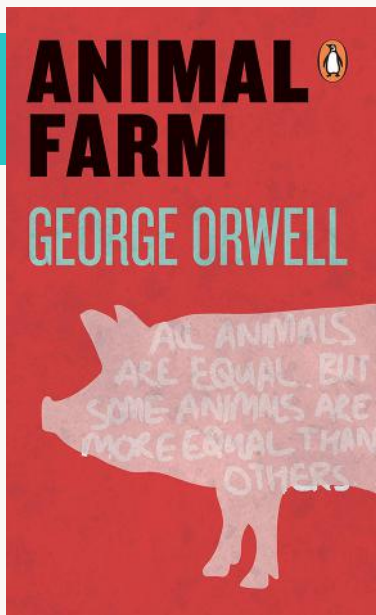
Such a classic. Didn't read this until I was 30 and I regretted it. If you haven't read it yet then you need to. An authoritarian regime is controlling society by manipulating everything. Impossible to read without drawing parallels to the real world which brings the story off the page. A compelling, engaging story which makes you feel sympathetic, uncomfortable, outraged and in awe throughout.



[Buy On Amazon](#)

ANIMAL FARM

George Orwell



Alternative World, Political Commentary, Symbolic

Another classic. Slightly drier story than 1984 but still a good read, especially if you like history and thinking about society's power structures. Animals take over a farm and try to run it like the Soviet Union in the 1940's. A good insight into the ways in which communist regimes can fall. Also reminds us why we should be grateful for our freedoms.

[Buy On Amazon](#)

TIME (MANIFOLD BOOK 1)

Stephen Baxter

Science Fiction, Far Futures, Space Exploration, Alternate Realities

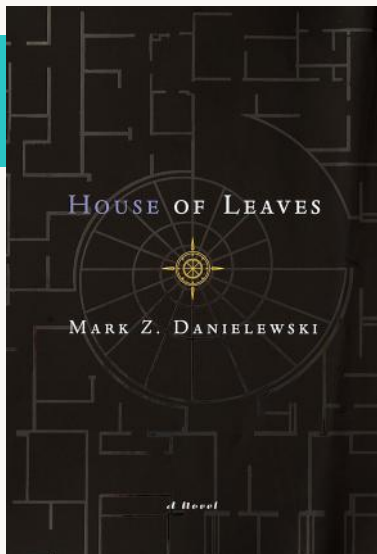
The earth is in a bad way. A super smart entrepreneur launches a rocket into deep space to investigate something and all hell breaks loose. Politics, time travel, super intelligent squids. It's got it all. A phenomenal storyline with lots of twists & turns. Big ass payoffs throughout keep the dopamine high. I couldn't get into the subsequent books in this series but this one stands on its own with full closure so it doesn't matter.



[Buy On Amazon](#)

HOUSE OF LEAVES

Mark Z Danielewski



[Buy On Amazon](#)

Thriller, Supernatural,
Open Loops

Probably the most unique book I've ever read. A couple moves into a new home and something is wrong. But the way the book is written jumps between multiple different narrators, characters, frames of reference and includes personal journal articles, news stories and random loose sheets of paper. Disturbing, engaging and very different. Has a complete cult following and I can see why. If you're bored and want to be fully absorbed in a new and unique story, this is for you. Do not buy on Kindle, it has to be the paperback to experience the story properly.

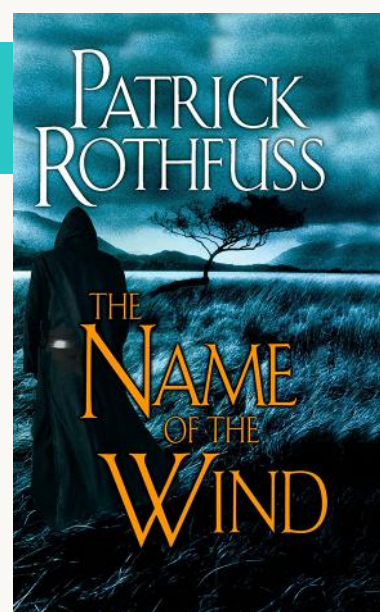
THE NAME OF THE WIND: THE KINGKILLER CHRONICLE: BOOK 1

Patrick Rothfuss

(ALSO IN THE SERIES - THE WISE MAN'S FEAR)

Fantasy, Young Hero, Slow Burn,
Romance

God how to describe this. It's a hero story about a young boy in a fantasy world, there's some magic and evil baddies and political backbiting but it's a lot more than that. Firstly it's SUCH a slow burn it's insane. I really enjoyed the more considered pace on this series as you get drawn into the character's life and daily routine a lot more. It's got an oddly beautiful element of romance and young love to it which I also wouldn't usually care for. A glorious remedy to a fast paced day. Be warned - there's 3 books in this series and only 2 have been released so far.



[Buy On Amazon](#)