



Andrew Sponsler's Book Recs

This is a living document that I regularly curate to contain the books I think everyone should be reading.

What prompts me to recommend a book?

- Utility to the human race
- Ideas that drive us to evolve as people
- Personal inspiration
- Solutions/growth pathways to obstacles that many people face

I have personally read and spent time digesting every book on this list.

To understand my recommendations, know this: My life's ethos is to pursue conscious integration of self by knitting my external and internal realities into alignment. This is the platform for a life which truly enjoys the passage of time.

* If there is a star next to the title, read that one first!

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START HERE:

Andrew's Canon of Books Everyone Should Read

[The Courage to Be Disliked](#)

Ichiro Kishimi & Fumitake Koga

→ Will teach you to achieve real happiness by living in the present, focusing on social contributions, and detaching from external validation and past trauma.

[The Will to Change](#)

bell hooks

→ Will teach you about why people talk about “patriarchy”, why it's harmful, and why you should care (especially if you're a man).

[Daring Greatly](#)

Brene Brown

→ Will teach you to be a wholehearted human by exploring how vulnerability enables you to know and be known. Vulnerability is the cornerstone of human connection.

[The Four Disciplines of Execution \(4DX\)](#)

Chris McChesney & Sean Covey

→ Will teach you to lead organizations by giving you an efficient, repeatable system for guiding a group to accomplish goals.

[The 4-Hour Workweek](#)

Tim Ferriss

→ Will teach you to live a more fulfilling life by understanding the concept of lifestyle design and prioritizing efficiency over traditional work ethics.

Communication

- [The Speed of Trust - Stephen Covey](#)
- [Never Split the Difference - Chris Voss](#)
- [Crucial Conversations](#)

Philosophy

- [Meditations - Marcus Aurelius](#)
- [The Courage to Be Disliked - Ichiro Kishimi & Fumitake Koga](#)
- [Man's Search For Meaning - Victor Frankl](#)

Deconstruction / Religion

These are all books that accompanied my deconstruction from American evangelicalism, either directly or indirectly.

- [The Sage from Galilee - David Flusser](#)
If you've been steeped in the American church environment, this book may make you aware of implausibilities and contradictions that undermine central myths of the popular Christian tradition. These are well known to scholars but inconvenient for institutions.
- (blog post) [I Don't Have Enough Faith to be a Christian](#) a point for point refutation of the book I Don't Have Enough Faith to Be an Atheist by Frank Turek & Norman Geisler (which is intellectually dishonest trash, just pandering to their base, and needlessly condescending)
- [Sex & God: How Religion Distorts Sexuality](#)
Explores the complex shame-based relationship between religion, particularly Christianity, and human sexuality. Offers a perspective on how to reconcile

one's sexual identity and desires free from religious guilt, encouraging a healthier and more positive understanding of sexuality.

Sexuality & Relationships

- [*How to Be an Adult in Relationships - David Richo](#)
- [Where Should We Begin? The Arc of Love - Esther Perel](#)
- [Mating in Captivity - Esther Perel](#)
- [Whole Again - Jackson MacKenzie](#)

Healing Yourself: Psychology, Trauma & Self Concept

- [*The Body Keeps the Score - Bessel van der Kolk](#)
- [Existential Kink - Carolyn Elliot](#)
- [Attached - Amir Levine, Rachel Heller](#)
- [Third Culture Kids - David Pollock](#)
- [Between Worlds - Marilyn Gardner](#)
- [The Drama of the Gifted Child - Alice Miller](#)

A string of gut punches. Extremely helpful. Great for anyone who, as a child, did not feel understood, learned to earn affection, learned to become an adult's emotional caretaker, or became numb as a defense to mistreatment.

Fitness & Health

- [Endure - Alex Hutchinson](#)
- [Advanced Marathonning - Pete Pfitzinger](#)
- [Bigger, Leaner, Stronger - Michael Matthews](#)

Psychedelics

- [*How to Change Your Mind - Michael Pollan](#)
- [DMT: The Spirit Molecule - Rick Strassman, MD](#)

F*ck Patriarchy

- [The Will to Change - bell hooks](#)
If you're curious about why people talk about “patriarchy”, why it's harmful, and why you should care (especially if you're a man) - start here.
- [A Doll's House - Henrik Ibsen](#)

Race & Politics

- [Wretched of the Earth - Frantz Fanon](#)
An exploration of the question: Is violence permissible if the state refuses to entertain nonviolent means? Inspiration for the Black Panthers. As relevant today as it ever was.
- [Out of This Furnace - Thomas Bell](#)
Illustrates the American steel industry between the 1880s and 1930s and the rise of organized labor.
- [The Color of Law - Richard Rothstein](#)
Have you ever heard someone respond to the idea of systemic racism by smugly rejoicing, “Tell me just one law that’s racist”? Here’s a history lesson on how urban planning policy was explicitly crafted to segregate the housing market and disenfranchise minorities.

Leadership

- [Leaders Eat Last - Simon Sinek](#)
- [The Fearless Organization - Amy Edmondson](#)
- [Emotional Intelligence - Travis Bradberry](#)
- [*The Speed of Trust - Stephen Covey](#)

Neurodivergence

- [The Rosie Project - Graeme Simsion](#)
- [Look Me In the Eye - John Elder Robison](#)

History

- [The Badass Librarians of Timbuktu - Joshua Hammer](#)
- [White Chrysanthemum - Mary Lynn Bracht](#)
- [The Rape of Nanking - Iris Chang](#)

Money

- [The Richest Man in Babylon - George S Clason](#)
- [The Psychology of Money - Morgan Housel](#)

Real Estate

- [*Rich Dad, Poor Dad - Robert Kiyosaki](#)
- [Cashflow Quadrant - Robert Kiyosaki](#)
- [The Millionaire Real Estate Investor - Gary Keller](#)

Business / Lean / Operations

- [*E-Myth - Michael Gerber](#)
- [Zero to One - Peter Thiel](#)
- [The Machine That Changed the World - Jim Womack](#)
- [*The Goal - Eliyahu Goldratt](#)

- [Gemba Walks - Jim Womack](#)

Memoirs

- [Educated - Tara Westover](#)
- [When Breath Becomes Air - Paul Kalanithi](#)

Modern Novels

- [Silence - Shusako Endo](#)
- [Palace Walk - Naquib Mahfouz](#)
- [And the Mountains Echoed - Khaled Hosseini](#)
- [The Road - Cormac McCarthy](#)

Fantasy

- [Dune](#)
This series will enrich your life. Asks great questions about power, and the interplay of systems (religion, politics, trade)
- [A Song of Ice and Fire](#)
This one is just fun. Until you get to the end (middle?) because the series is unfinished.

Classic Novels

- [Les Miserables - Victor Hugo](#)
- [Moby Dick - Herman Melville](#)
- [The Count of Monte Cristo - Alexandre Dumas](#)
- [Crime and Punishment - Dostoyevsky](#)
- [The Brothers Karamazov - Dostoyevsky](#)

→ Can't Find/Afford These Books?

Almost every book in the universe can be found at libgen.is. Go wild.

→ Free Life Advice

1. Make a list of people you admire
2. Ask them for their book recommendations
 - a. Dual benefits - you improve (or create) your relationship with them, and you learn what ideas are occupying the minds of people whose success you're trying to emulate.

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