

# **\*THE BOOKS THAT CHANGED THE WAY I THINK (FROM SOMEONE WHO THOUGHT THEY KNEW EVERYTHING)**

*'200 - 500 books equals one good mentor' - James Altucher (Author)*

I thought books could get me out of whatever messy situation I was in during college (especially if you saw my grades)

And in some ways it *did*... but over time reading became a crutch

Like how a bunch of us would read everything health, wealth, and relationship-related for years but were not in the best shape, struggling with money, or meeting the wrong people... if any at all

But we have to start somewhere (how else do we get life-changing advice without having to speak to anyone)?

So instead of reading every single thing out there (after realising that one good book is usually better than a bunch of mediocre ones)

I've made this guide not only for me to refer to from time to time but for you to not have to spend a bunch of time going through who knows how many of the wrong books yourself... no affiliate links here, enjoy!

## **MINDSET**

*'No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying' - Tony Robbins (Speaker)*

- [The 5 Second Rule](#) | Mel Robbins: presents a simple but effective technique to overcome hesitation and take action by counting down from five, enabling individuals to break procrastination habits, make decisions, and initiate positive changes in their lives
- [Radical Honesty](#) | Brad Blanton: advocates for a transformative approach to communication and personal growth, encouraging individuals to embrace radical honesty by openly sharing their thoughts, emotions, and experiences in order to build authentic connections and lead a more fulfilling life
- [The Life-Changing Magic of Tidying Up](#) | Marie Kondō: presents a transformative approach to decluttering and organising by encouraging individuals to keep only items that spark joy, leading to a more simplified and fulfilling life

## HEALTH

*'Could you turn the clock back for me by forty years, I would willingly swap you every penny and every possession I own in return. And I would have the better of the bargain, too!' - Felix Dennis (Entrepreneur)*

- [The 4-Hour Body](#) | Timothy Ferriss: provides a comprehensive guide to unconventional methods for enhancing physical performance, optimising health, and achieving various body-related goals in minimal time

- [The Power of Full Engagement](#) | Jim Loehr/Tony Schwartz: introduces the concept of managing energy, not time, as the key to peak performance, offering strategies to enhance personal and professional effectiveness through better energy management
- [Fat Loss Forever](#) | Layne Norton/Peter Baker: advocates an evidence-based, flexible dieting approach, emphasising proper macronutrient intake, periodization in training, and the importance of resistance training for achieving sustainable fitness goals

## WEALTH

*'If you have a 10-year plan of how to get [somewhere], you should ask: Why can't you do this in 6 months?' - Peter Thiel (Investor)*

- [The Personal MBA](#) | Josh Kaufman: offers a comprehensive and accessible guide to essential business concepts, distilling MBA-level knowledge into practical insights for individuals seeking success in the world of business and entrepreneurship
- [Millionaire Fastlane](#) | MJ Demarco: presents an alternative perspective on wealth-building, advocating for unconventional entrepreneurial paths that prioritise innovation, value creation, and a shift from traditional 'slow lane' thinking to accelerate financial success
- [Sell Like Crazy](#) | Sabri Suby: provides a strategic framework and actionable techniques for entrepreneurs and business owners to create effective marketing and sales campaigns that drive significant growth and revenue

by understanding consumer psychology and implementing proven marketing strategies

## RELATIONSHIPS

*'If she just wanted to come, she'd have stayed home with a bottle of white wine, Fifty Shades of Grey, and her vibrator' - Tucker Max (Author)*

- [The Way of the Superior Man](#) | David Deida: is a guide that explores the challenges and opportunities for men in relationships and personal growth, offering insights into embracing masculinity, fostering healthy relationships, and achieving a balanced and purposeful life
- [Models](#) | Mark Manson: is a book that provides practical and honest advice for men on attracting and building genuine connections with women by focusing on self-improvement, authenticity, and meaningful communication
- [The Truth](#) | Neil Strauss: is a memoir that delves into the author's personal journey of self-discovery, exploring themes of love, relationships, and personal transformation as he navigates through his own vulnerabilities and experiences

## PHILOSOPHY

*'When you arise in the morning think of what a privilege it is to be alive, to think, to enjoy, to love...'* - Marcus Aurelius (Philosopher)

- [Antifragile](#) | Nassim Nicholas Taleb: explores the concept of systems and entities that benefit from chaos, uncertainty, and adversity, proposing a framework for embracing and thriving in unpredictable environments by cultivating resilience and adaptability
- [The Courage to be Disliked](#) | Ichiro Kishimi/Fumitake Koga: explores the teachings of Alfred Adler through a dialogue between a philosopher and a youth, providing insights on finding personal fulfilment by embracing one's true self, overcoming the need for approval, and fostering authentic relationships
- [Awareness](#) | Anthony de Mello: is a collection of spiritual insights and teachings that encourage self-awareness, mindfulness, and a transformative shift in perception to free oneself from limitations and discover inner liberation

## **ADDITIONAL RESOURCES**

*'Everything passes. Nobody gets anything for keeps. And that's how we've got to live' - Haruki Murakami (Author)*

- [How to Eat](#) | Alex Hormozi: a simple idea on how not to get caught up in nutritional dogma, get the six-pack, and still be able to eat pizza/ice-cream (or whatever food you'd rather be eating)
- [How to Train](#) | Martin Berkhan: most people either spend too much time working out, or not enough time doing the few things that matter when it comes to getting in shape... and looking half-decent without having to live

in the gym doesn't hurt either

## SUMMARY

*'You wasted \$150,000 on an education you coulda got for a buck fifty in late charges at the public library' - Will Hunting (Matt Damon)*

How did I come up with this list?

After who knows how many books, I made this guide as something to:

- Come back to from time to time (and give my kids one day so they don't have to go through the not-so-good books themselves... and trust me, there were a few)
- Add to if there any new ideas/books I come across (since there's always that one book that seems to come out of nowhere)
- Refine not only what, but how I think while keeping this list as short and as encompassing as possible... as it's always tempting to add *just one more* book

(Even if most best-selling books end up being slight variations of another best-selling book where you end up reading the same idea from someone else that just wanted to write a book)

You may as well do the thing you're learning about at some point which, in some ways, is the point (if I still haven't done the thing after who knows how many books, is it a knowledge problem... or a procrastination one?)

Why self-education in general?

I've always liked the idea that you don't have to spend a bunch of time/money thinking that one particular institution has sole monopoly on idea/skill acquisition

Especially if you're not in a profession where it is legally required (like law or medicine)... and 'to show off' doesn't count either since I'm pretty no one cared when I graduated from a top 50 QS university

(But who knows... maybe I'm just trying to cope with my poor experiences in college)

I like to think most ideas are common sense... but if there's any benefit to reading, is that find that most good ideas are evergreen/timeless

And that you become immune to fads like bitcoin/NFTs/the whole FTX mess... where you find that it's better to rely on what you can control over time > on chance events (even if one takes more effort than the other)

How to actually get through these books:

If you read one book a week, it should take you a few months to get through this list (if you find other like-minded people who are into reading as well, it can feel even quicker)

I tried to find a balance between books that are not only belief shifting/practically useful, but fun to read (since some books can feel like a chore that you soon end up forgetting)

Anyways, thanks for reading this far

If you're a book nerd like me (or just want to see which books didn't make the cut), connect with me on [Goodreads](#) 