

Personal Growth Reading List

Hi Team. This list has been compiled with care, keeping the growth and development of young professionals and leaders at the front of our mind. Our hope is that you can commit to yourself by investing in your future.

Disclaimer Please know how cared for you are! If buying a book on this list is beyond your financial means please reach out. I would be honored to help you! Contact me:

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Twelve Essentials: One Book per Month for Sustained Success

Start with the books on this list. These are foundational to anyone striving for personal development.

1. QBQ! The Question Behind the Question by John Miller
2. Grit by Angela Duckworth
3. Atomic Habits by James Clear
4. Mindset by Carol Dweck
5. The Heart of Leadership by Mark Miller
6. Leaders Eat Last by Simon Sinek
7. The Secret of Teams by Mark Miller
8. Daring Greatly by Brene Brown
9. 21 Irrefutable Laws of Leadership by John C. Maxwell
10. Rich Dad Poor Dad by Robert Kyosaki and Sharron Letcher
11. 7 Habits of Highly Effective People by Steven Covey
12. Man's Search For Meaning by Victor Frankl

Additional Reads by Category

I continue to add to this list as my readings grow. If you would like to connect to talk about a book here I would love to hear from you.

Business & Productivity

1. The Power of Habit by Charles Duhigg
 - a. Smarter Faster Better by Duhigg
2. 2 Second Lean by Paul Akers
3. Getting Things Done by David Allen
4. Good To Great by Jim Collins
5. The Toyota Way by Jeffrey Liker
6. Zero to One by Peter Tiel
7. Freakonomics by Steven Dubner and Steve Levitt
8. The Lean Startup by Eric Ries
9. The Burnout Fix by Jacinita Jimenez
10. The 4-Hour Work Week by Tim Ferris
11. The Tipping Point by Malcom Gladwell
12. Love + Work by Marcus Buckingham
13. Buy Your Time Back by Dan Martell
14. Range: Why Generalists Triumph in a Specialized World by David Epstein

Leadership

1. John C Maxwell
 - a. 360-Degree Leader
 - b. Failing Forward
 - c. 17 Indisputable Laws of Teamwork
2. QBQ: The Question Behind the Question! by John Miller
3. Mark Miller
 - a. The Heart of Leadership
 - b. The Secret of Teams
 - c. Chess Not Checkers
 - d. Culture Rules
 - e. Win Every Day
 - f. Talent Magnet
4. The Secret: What Great Leaders Know and Do by Ken Blanchard & Mark Miller
5. Extreme Ownership by Jocko Willink and Leif Babin
 - a. The Dichotomy of Leadership by Jocko Willink
6. The Five Dysfunctions of a Team by Patrick Lencioni
7. Start With Why by Simon Sinek | Other good reads by Sinek
 - a. Find Your Why
 - b. The Infinite Game

8. The One Minute Manager by Ken Blanchard
9. The Coaching Habit by Michael Bungay Stanier
10. Who Moved My Cheese by Spencer Johnson
11. First, Break All The Rules by Markus Buckingham & Curt Coffman
12. It's Your Ship: Management Techniques by the Best Damn Ship In The Navy by D. Michael Abrasshof
13. Team of Teams by Stanley McChrystal, Tatum Collins & David Silverman
14. Love Works by Joel Manby
15. Our Iceberg is Melting by John Kotter

Social Science, Relationships or misc Personal Development

1. Supercommunicators by Charles Duhigg
2. Daring Greatly by Brene Brown
 - a. Atlas of the Heart by Brene Brown
 - b. Dare to Lead by Brene Brown
3. How to Win Friends and Influence People by Dale Carnegie
4. Outliers by Malcom Gladwell -or-
 - a. Blink
 - b. What the Dog Saw
 - c. David and Goliath
 - d. Talking to Strangers
 - e. The Tipping Point
 - f. Revenge of the Tipping Point
5. Emotional Intelligence 2.0 by Greaves Greaves Jean and Travis Bradberry
6. Think Again by Adam Grant
 - a. Give and Take
 - b. Originals
7. Thinking Fast & Slow by Daniel Kahneman
8. Never Split the Difference by Chris Voss
9. Peak: Secrets from the New Science of Expertise by Anders Ericsson and Robert Pool

Personal Finance - or - Money

1. The Total Money Makeover by Dave Ramsey
2. Rich Dad Poor Dad by Robert Kyosaki and Sharron Letcher
3. Wealth: Is it worth it? by S. Truett Cathy
4. Think And Grow Rich by Napoleon Hill
5. A Random Walk Down Wall Street by Burton Malkiel
6. The Intelligent Investor by Benjamin Graham
7. Principles by Ray Dalio

Mindset - or - Outlook

1. Can't Hurt Me by David Goggins
2. Embrace The Suck by Brent Gleeson
3. 40 Days to a Joy Filled Life by Tommy Newberry
4. The Subtle Art of Not Giving a F*ck by Mark Manson
5. The Obstacle is The Way by Ryan Holiday
 - a. Ego is the Enemy by Ryan Holiday

Fitness & Nutrition

1. As Many Reps As Possible by Jason Kahlipa
2. Burn by Herman Pontzer PH.D
3. Becoming a Supple Leopard by Kelly Starrett
4. Built To Move by Kelly Starrett
5. The Squat Bible by Arron Horschig
 - a. See Also: Rebuilding Milo
6. Meditation is Not What You Think by Jon Kabat-Zinn

Memoirs

1. Shoe Dog by Phil Knight
2. A Promised Land by Barack Obama
 - a. Stories My Father Told Me by Barack Obama
 - b. Becoming by Michelle Obama
3. Educated by Tara Westover

Science, Philosophy, Other Interesting Things that Ryan Likes

1. A Brief History of Time by Steven Hawking
2. A Brief History of Everyone Who Ever Lived by Adam Rutherford
3. Meditations by Marcus Aurelius
4. Reasons Not To Worry by Bidgett Delaney
5. How To Be Perfect: The Correct Answer to Every Moral Question by Michael Shur
6. A History of the United States in Five Crashes by Scott Nations
7. 10 Arguments for Deleting Your Social Media Accounts Right Now by Jason Lanier