

- **Mind, Meditation, Spirituality**

- Dream Yoga - Andrew Holecek
- The Most Important Thing, Volume 1 - Adyashanti
- The Most Important Thing, Volume 2 - Adyashanti
- The Mind Illuminated - John Yates, PhD (Culadasa)
- The Intuitive Way - Penney Peirce
- The Future of Spirituality - Ken Wilber
- Flow - Mihaly Csikszentmihalyi
- Becoming Nobody - Ram Dass
- The Subtle Body - Cyndi Dale
- The Way of the Superior Man - David Deida
- The End of Your World - Adyashanti
- Science of Enlightenment - Shinzen Young
- Siddhartha - Herman Hesse
- Wheels of Life - Anodea Judith, PhD
- Out of Your Mind - Alan Watts
- Psychotherapy East and West - Alan Watts
- Spiral Dynamics Integral - Don Beck
- The Art of Letting Go - Richard Rohr
- Supernormal - Dean Radin, PhD.
- Lightworker's Guide to the Astral Realm - Sahvanna Arienta
- The Evolving Self - Mihaly Csikszentmihalyi

- Buddhist Tantra - Reginald A. Ray, PhD
- The Lost Teachings of Yoga - Georg Feuerstein
- Shamanic - Virginia Harton
- Neurosculpting - Lisa Wimberger
- Cosmic Consciousness - Ken Wilber
- The God of Fire - Robin Sacredfire
- Awakening Kundalini - Lawrence Edwards
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- **Fitness**

- Life in the Fasting Lane - Jason Fung, MD
- Breathing for Warriors - Belisa Vranich
- The Pleasure Trap - Douglas J. Lisle
- Intuitive Eating - Evelyn Tribole
- The Wim Hof Method - Wim Hof
- The Kama Sutra of Vatsyayana - Mallanaga Vtsyayana
- Holotropic Breathwork - Stanislav Grof, M.D.
- Mind-Body Medicine: The New Science of Optimal Health - Jason M. Satterfield
- Healthy Sleep - Andrew Weil
- Breathing - Andrew Weil
- Science of Breath - Yogi Ramacharaka
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- **Business / Productivity / Psychology**

- Fail Fast or Win Big - Bernhard Schroeder
- Leadership Strategy and Tactics - Jocko Willink

- The ONE Thing - Gary Keller
- Conscious Capitalism - John Mackey
- Persuadable - Al Pittampalli
- Nonviolent Communication - Marshall Rosenberg
- Acceptance and Commitment Therapy - Steven C. Hayes
- 40 Days to Positive Change - Kelly McGonigal
- Leap First - Seth Godin
- The Art and Business of Teaching Yoga - Amy Ippoliti
- Alchemy - Rory Sutherland
- The Art of Seduction - Robert Greene
- Taking Smart Risks - Doug Sundheim
- **Other Fun Readings**
 - When Plants Dream - Daniel Pinchbeck
 - Oneness vs. the 1% - Vandana Shiva
 - The Age of Cryptocurrency - Michael J. Casey
 - Think India - Vinay Rai
 - The Elephant and the Dragon - Robyn Meredith
 - Whose Global Village? - Ramesh Srinivasan
 - The Ancient Indus Valley Civilization's Biggest Cities - Charles River Editors
 - Becoming Animal - David Abram
 - The Yugas - Joseph Selbie
 - The Culture Code - Clotaire Rapaille
 - Underworld - Graham Hancock
 - The Quantum Doctor - Amit Goswami, PhD
 - Dr. Andrew Weil's Guide to Optimum Health - Andrew Weil
 - Mad Monk Manifesto - Yun Rou
 - The Problem of Increasing Human Energy - Nikola Tesla
 - Never Get a "Real" Job - Scott Gerber
 - Cracking the Human Software - Sadhguru
 - The Pineal Gland - Manly P. Hall
 - You Are the Placebo - Dr. Joe Dispenza
 - The Meditation Summit: Volume 1 - Reginald A. Ray, PhD
 - The Kundalini Equation - Steven Barnes