

My Ideas	\	Suggestions		Title		Format		Recommended by	
Title	Author	Genre	Format	Title	Author	Genre	Format	Recommended by	
Shoggoth	Bain	Douglas Buell	Fiction	Kindle	Supernatural	Graham Hancock		@neeseah971	
Senna			Paperback	Nelson's Trafalgar		the battle that changed the world.		@walrus1robert	
Living with Leonardo			Paperback	Totley		George de Selve's Fiction	Kindle	@boanLucConery	
The Artists Way				Santaranga		Lucia Kazanaho Fiction	Kindle	@Sonnah	
Demon Copperhead				All the Light We Cannot See				@jopalm2101	
Armed and Dangerous	Hugh Thomas			Deep Work	Cal Newport			@richfreak96	
Cuba	Hugh Thomas			Digital Minimalist	Cal Newport	Self Improvement	Audiobook	@richfreak96	This is just an excellent book. It is so well researched and so well written. I am simply astounded by the way that Cal Newport writes in stories which are at once fascinating and altogether supportive of his argument. It's easy to see why this is seminal. But the way that he starts a section off with a pair of seemingly innocuous sentences
Beyond Good and Evil	Frederich Nietzsche		Kindle Unlimited	So late in the day	Clare Keegan	Fiction	Audiobook	@antibeet9079	
The Prince	Machiavelli	Classic	Audiobook		Isis Anyon			@antibeet9079	
Fast Good Prods.	Al Abouai	Self Improvement	Audiobook	Humanity Possit	Sarah Stakewell			@antibeet9079	
Hill of a Golden Sun				Small Things Like These	Reagan	Fiction	Audiobook	@antibeet9079	
Medici Girl				Much Reaps	Veve Flynn	Fiction		@antibeet9079	
Alma Ferguson	Alma Ferguson	Autobiography	Kindle	Tractatus Logico-Philosophicus	Ludwig Wittgenstein	Philosophy		@monochromes	
Calm Parents	Hiwa Mubammad	Self Improvement	Audiobook	Winters and Her Immortal	Shelagh Leary	Science		@jopalm2101	
Understand	Don DeLillo			Being You	A Ni Anil Seth			@monochromes	
Lean Planning	Paige Morina	Teaching	Kindle Unlimited	Good Omens	Terry Pratchett and Neil Gaiman			@maniamono9583	
Mythos	Stephen Fry			Reading Sweety	Robert Wall Kimmerer			@maniamono9584	
The Seven Spirits	Deepak Chopra	Self Improvement	Audiobook	How do you live	Genzaburo Yoshino			@maniamono9585	
Deep Work	Cal Newport			How's Moving	Diana Wynne Jones			@maniamono9586	
				All Systems	Rec Martha Wells			@maniamono9587	
				Rhythmist	Brandon Sanderson			@litheliper4596	
				Cutting for Stone	Abraham Verghese			@ABS	
				The Machine and IT				Tony Collier	
				A man called Ove	by Fredrik Backman				
				murderbot	darvies by Martha Wells				
				her names of the earth	the sea of books lamara. assawaha apprenica	Jada City			
				Taba	Sebastian Junger			Jennifer Dubay	
				How to Read a Book	Tom Mortimer Alder			rodhara	
				Proud and the Sport	by Maryanne Wolf			Doctor Faustus	
					Marshall McLuhan				
				Leadership	Kotter				

							My Subjective Rating
the Prince	Machiavelli	Classic	Audible		6		the original leadership guide. interesting the bit about how to listen to advice but to make up your own mind. otherwise you act for other people's ideas and constantly change your course and spread weaker. it's an interesting one to read before taking up a role as head of a new team. I also reflect how you need to be respite, but also need to carry people with you. there's much which is just what we now say to one another. much which is often repeated advice. I love classics because it shows you where these things come from. also, I enjoyed the bit where he talked about Marus Aurelius, and his son Comidas and his he used to go into the gladiator pits. was it reading this that started the idea for gladiator movie?
Shuggie Bain	Douglas Stuart	Fiction	Kindle		8		good, compelling, interesting info what life was like in Glasgow. very saddening. wanted it to end because I think it really effected my mood quite a lot.
Feel-Good Produ	Ali Abdaal	Self Improvemen	Audible		7		manage your energy and manage your mood. I like the vibe whys tip. it's funny that the book is like a "how I overcame procrastination and tricked myself into writing this book". there's something very meta about that, but also unfortunately something quite superficial. at times it just felt like a very long YouTube video, nothing wrong with that, I like it, but much of what was said once already seen in his, or other YouTube videos. that being said, this is one of the best evidenced self improvement guides for professionals and students. great job Ali. I find it interesting especially how you manage to make evidence and story intertwine so well. and I think that it's telling that he ends in experimentation. I think that is very true that the way to achieving any type of balance in work and life is to be someone who really thinks about their actions and evaluates them. so that fits in very well with my life design philosophy, that you should spend your time thinking critically, evaluating your productivity, your mood and your outcomes, and from there you will find ways to make changes which work for you.
Lean Planning	Peps Mccrea	Teaching	Kindle Unlimited		6		some good tips. plan with the end in mind. confirms some of the things inam doing, but gives you an academic confirmation of them. good focus on evaluation and collaboration at the end. a good tonic if you are ever feeling stagnant in teaching, enjoy being part of the team and enjoy engaging with higher level thinking and discourse.
Alex Ferguson: h	Alex Ferguson	Autobiography	Kindle		6		not the best book ever written. really wouldn't recommend if you are not a man utd fan. it's interesting if you are interested in those teams but I was hoping for more insight into his leadership style. I guess he has a separate book on that. Ancelotti's book is better for that. some of it was more about settling the record straight. I liked his description of some of the famous goals as I could see them in my mind as he talked through them. interesting.
Calm Parents - H	Laura Markham	self improvement	Audible		7		Yeah, this was useful. I suppose it is just useful to actually research the act of parenting rather than just defaulting to type and doing whatever comes naturally... Whatever comes naturally will undoubtedly be just what your parents did in any case. It's a recommend for any parents that are looking to be a bit more intentional about the actions that they take in supporting their young people to develop positive patterns of behaviour.
Digital Minimal	Cal Newport	Self improvemnt	Audible		9	@RodinRealLife	This is just an excellent book. It is so well researched and so well written. I am simply astounded by the way that Cal Newport writes in stories which are at once fascinating and altogether supportive of his argument. It's wasy to see why this is seminal. But the way that he starts a section off with a pair of seemingly innocuous unrelated stories and then builds his argument in a scholarly way, eventually returning to those stories, frankly it makes me want to improve my own writing, which if I wanted to read for any particular reason it might as well have been that. I felt like I understood digital minimalism from the videos that I had watched, but really this book has shown me that they were all just superficial imitaions, (a polite way of saying it really.) I also will definitely put in place some of the ideas, for example use of office hours on commutes for increasing the quality of conversations, i.e. have real conversations rather than low quality text chats. And the way he suggests to use the do not disturb button on our phones.
The Seven Spirit	Deepak Chpra	Self Improvemen	Audible		9		
the subtle art of r	Mark Manson		Audible		6		
Mythos	Stephen Fry		Audible		7		
Galatea	Madeline Miller		Audible		8		Very important retelling from a feminist standpoint.
Outliers	Malcolm Gladwell		Audible		8		Fascinating story telling about the impact of oportunity on success.
10x is easier than	Dan Sullivan with Dr Benjamin Har		Audible		7		Some useful big ideas. Writing was a little repetitive, but that was a vehicle to really drive home his point I think. It was also quite convincing.
Small things like	Claire Keegan		Paperback		8		Tidy little book. Very important and interesting subject matter.
Deep Work	Cal Newport		Audible		8		Great, confirmed a lot of things that I was doing already. I think I'm something of a natural at "going deep" as he puts it. Good to put names and evidence to a certain number of habits. E.g Roosevelt sprints. And it makes me want to go on Think Weeks. Maybe in a few years that will be possible.
Steal Like an Artist	Triology		Audible		7		Have an analogue and a digital desk. Not as ground breaking as other people make out!
Slow Productivity	Cal Newport		Audible		8		Do fewer things, work at a natural pace, obsess over quality
Cinema Speculal	Quentin Tarantino		Audible		6		
Just Kids	Patti Smith		Audible		10		
Siddhartha	Herman Hesse		Gutenberg		10		
Demian	Herman Hesse		Kindle		9		

Gertrude	Herman Hesse		Kindle	8	
March Book 1	John Lewis, Aydin, Powell		Kindle	9	
March Book 2	John Lewis, Aydin, Powell		Kindle	9	
March Book 3	John Lewis, Aydin, Powell		Kindle	9	
Wake	Rebecca Hall		Kindle	8	

Date	
10th January	<p>Just that I have been missing YouTube, I have been still taking the time to scan through my YouTube homepage and add them to my watch later playlists, (yep I keep several different watch later playlists with different types of content for them different moods that I am in.) And I miss watching that stuff. However I am really getting a lot from reading the books. I can tell that it is already making me more reflective and more interested in stuff. It has been good. YouTube content, at least the stuff that I watch is very good, and so I think that it's not a massive step up in quality, but I do think that we are more precious about what we put into printed form. And so in general, it's not too dissimilar to very long, well thought out videos and podcasts. But then there is a bit less frivolity and a bit less off the cuff content in books. Books have generally been through several edits, and the entirety of the book has been considered as a whole, whereas even the very best YouTubers are generally turning content around pretty quickly. And then there is the clickbaiting, constantly having our curiosity aroused, it is tiring to be honest. Better really to make a sober commitment to one thing that you think will be high quality for 5 to ten hours, than to flit from curiosity gap to curiosity gap!</p>
11th January	<p>Interesting that sometimes the Audible book is the cheapest way to read certain titles. If not the audiobook then it is the Kindle. That might make the decision on which formats to read easier at times. Why pay more. I am reflecting that the Audio books may become the largest category that I read, which is not necessarily ideal, but I do have about 5 or six hours a week alone in the car, so that makes it useful time.</p>
18th January	<p>I am reflecting that the audible book is going to become one of the most used formats this year. That's not ideal, but it is an acceptable way to consume a book. if not specifically reading, it is a way to get the benefits of the content and I just cannot waste those hours commuting if I am going to achieve this end of 104 books in 24. ANd 1.5x speed seems to be the way to go for information books. Maybe s a well read suspense thriller will be better off at 1x!</p>