

The Complete Bibliography

233 books in fifteen themes, rated, with the sessions that use them

START HERE

Nobody should read this list front to back. Read it **top-down**: every book carries a rating, and within each theme the books are sorted by rating, so the first few titles under any heading are the reading path for that theme. For a shorter list chosen session by session, see **Go Deeper by Session** in this tab.

Rating	Meaning
★★★ Essential	Directly feeds a WhyzMen session, or is the best book in its lane. Read these first.
★★☆ Recommended	Strong supporting reading for a man who wants to go deeper on that theme.
★☆☆ Reference	Optional, specialized, or overlaps a stronger title. Keep it on the shelf, not on the nightstand.
S2 • S8	The sessions where the book is used or recommended.

THE WHYZMEN DOZEN

If a man reads only twelve

	Book	Why
1	<i>Half Time</i> — Bob Buford	The success-to-significance pivot
2	<i>From Strength to Strength</i> — Arthur C. Brooks	Fluid to crystallized intelligence
3	<i>The Four Phases of Retirement</i> — Riley Moynes	Names the passage the cohort is living
4	<i>Falling Upward</i> — Richard Rohr	The program's two-halves spine
5	<i>Living Life Backward</i> — David Gibson	Ecclesiastes, and living in light of the end
6	<i>Crafting a Rule of Life</i> — Stephen A. Macchia	Session 4's practice, book-length
7	<i>Mattering</i> — Jennifer Breheny Wallace	What retirement quietly takes away
8	<i>How to Know a Person</i> — David Brooks	The listening the circle runs on
9	<i>Connect</i> — David Bradford & Carole Robin	From acquaintance to exceptional friendship
10	<i>Atomic Habits</i> — James Clear	How the Rule of Life survives a Tuesday
11	<i>Four Thousand Weeks</i> — Oliver Burkeman	Finitude as freedom
12	<i>The Blessing</i> — Gary Smalley & John Trent	The Session 15 blessing

For whoever runs the room

The Art of Gathering — Priya Parker · *The Coaching Habit* — Michael Bungay Stanier · *The Power of Moments* — Chip Heath & Dan Heath · *Community: The Structure of Belonging* — Peter Block · *Five Essentials to Engage Today's Men* — Barna Group

This edition: 233 titles · ★★★★★ 34 · ★★★★☆ 82 · ★★★☆☆ 117.

PURPOSE AND CALLING

The core question the program opens with: what am I here for, and what is still mine to do?

- ★★★★ *Let Your Life Speak: Listening for the Voice of Vocation* — Parker J. Palmer
- ★★★★ *The Call: Finding and Fulfilling the Central Purpose of Your Life* — Os Guinness **S9 • S11**
- ★★★★ *Half Time: Changing Your Game Plan from Success to Significance* — Bob Buford **S9**
- ★★★★ *Who Do You Want to Be When You Grow Old?: The Path of Purposeful Aging* — Richard J. Leider & David A. Shapiro
- ★★★★ *Mattering: The Secret to a Life of Deep Connection and Purpose* — Jennifer Breheny Wallace
- ★★★★ *The Second Mountain: The Quest for a Moral Life* — David Brooks **S2**
- ★★★☆☆ *Life on Purpose: How Living for What Matters Most Changes Everything* — Victor J. Strecher
- ★★★☆☆ *The Purpose Driven Life: What on Earth Am I Here For?* — Rick Warren
- ★★★☆☆ *What to Make of a Life: Cliffs, Fog, Fire and the Self-Knowledge Imperative* — Jim Collins
- ★★★☆☆ *The Meaning of Your Life: Finding Purpose in an Age of Emptiness* — Arthur C. Brooks

- ★★★ *The Great Quest: Invitation to an Examined Life and a Sure Path to Meaning* — Os Guinness
- ★★★ *The Path: Creating Your Mission Statement for Work and for Life* — Laurie Beth Jones **S11**
- ★★★ *Finishing Well: The Adventure of Life Beyond Halftime* — Bob Buford
- ★★★ *Life Reimagined: Discovering Your New Life Possibilities* — Richard J. Leider & Alan M. Webber
- ★★★ *Man's Search for Meaning* — Viktor E. Frankl **S10**
- ★★★ *True Purpose: 12 Strategies for Discovering the Difference You Are Meant to Make* — Timothy A. Kelley
- ★★★ *What's the Point? Turning Purpose Into Your Daily Superpower* — Tom Rath
- ★★★ *Wishful Thinking: A Theological ABC* — Frederick Buechner **S11**
- ★★★ *Start With Why: How Great Leaders Inspire Everyone to Take Action* — Simon Sinek
- ★★★ *Find Your Why: A Practical Guide for Discovering Purpose for You and Your Team* — Simon Sinek, David Mead & Peter Docker
- ★★★ *Game Plan: Winning Strategies for the Second Half of Your Life* — Bob P. Buford
- ★★★ *How to Find Your Mission in Life* — Richard N. Bolles
- ★★★ *The Element: How Finding Your Passion Changes Everything* — Ken Robinson & Lou Aronica
- ★★★ *Passion Struck: Twelve Powerful Principles to Unlock Your Purpose* — John R. Miles
- ★★★ *Life in Half a Second: How to Achieve Success Before It's Too Late* — Matthew Michalewicz
- ★★★ *Evolutionary Work: Unleashing Your Potential in Extraordinary Times* — Patricia DiVecchio
- ★★★ *What Do You Want Out of Life?: A Philosophical Guide to Figuring Out What Matters* — Valerie Tiberius
- ★★★ *Now Purpose Manual: How to Find Your Life's Calling Today* — S. Ali Myers
- ★★★ *What Color Is Your Parachute?* — Richard N. Bolles **S11**

29 titles · ★★★ 6 · ★★☆☆ 9 · ★☆☆☆ 14

RETIREMENT AND TRANSITION

The passage itself — its phases, its losses, and the shape of the life on the other side.

- ★★★ *The Four Phases of Retirement: What to Expect When You're Retiring* — Riley Moynes **S1**
- ★★★ *From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life* — Arthur C. Brooks **S2 • S8 • S10 • S12**
- ★★★ *Life Is in the Transitions: Mastering Change at Any Age* — Bruce Feiler **S3**
- ★★★ *An Uncommon Guide to Retirement: Finding God's Purpose for the Next Season of Life* — Jeff Haanen
- ★★★ *How to Live Forever* — Marc Freedman **S12**
- ★★★ *Finding Meaning in the Second Half of Life: How to Finally, Really Grow Up* — James Hollis **S2 • S3**
- ★★★ *Afterwork: An Honest Discussion about the Retirement Lie* — Joel Malick & Alex Lippert
- ★★★ *Retiring: Creating a Life That Works for You* — Teresa M. Amabile, Lotte Bailyn, Marcy Crary, Douglas T. Hall & Kathy E. Kram
- ★★★ *Don't Retire, Rewire! (2nd Edition): 5 Steps to Fulfilling Work* — Rick Miners & Jeri Sedlar
- ★★★ *On the Brink of Everything: Grace, Gravity, and Getting Old* — Parker J. Palmer
- ★★★ *The Rewire Retirement Method: From Aimless to Amazing* — Cyn Meyer
- ★★★ *Transitions: Making Sense of Life's Changes* — William Bridges **S2 • S3**
- ★★★ *Joyspan: The Art and Science of Thriving in Life's Second Half* — Kerry Burnight **S1 • S12**

- ★★★ *A Long Bright Future: Happiness, Health, and Financial Security in an Age of Increased Longevity* — Laura L. Carstensen **S8 • S12**
 - ★★★ *What Matters Most: Living a More Considered Life* — James Hollis
 - ★★★ *The Search: Finding Meaningful Work in a Post-Career World* — Bruce Feiler
 - ★★★ *Retirement With Purpose: The 10 R's for a Joyful Retirement* — Cesar A. Aguirre
 - ★★★ *Retirement Starts Today: Your Non-Financial Guide to an Even Better Retirement* — Benjamin Brandt
 - ★★★ *How to Love Your Retirement: The Guide to the Best of Your Life* — Barbara F. Waxman
 - ★★★ *Decade by Decade: Life Is Surprisingly Predictable* — Bobb Biehl
 - ★★★ *Primetime: A New Vision for Midlife* — Margie Lachman
 - ★★★ *The Third Chapter: Passion, Risk, and Adventure in the 25 Years After 50* — Sara Lawrence-Lightfoot **S2**
- 22 titles • ★★★ 5 • ★★☆☆ 9 • ★☆☆ 8

FAITH AND SPIRITUAL GROWTH

The vertical dimension — the second-half spirituality the program's Falling Upward arc depends on.

- ★★★ *Falling Upward, Revised and Updated: A Spirituality for the Two Halves of Life* — Richard Rohr **S2 • S3 • S9**
- ★★★ *Renovation of the Heart: Putting on the Character of Christ* — Dallas Willard **S9**
- ★★★ *Life Together: The Classic Exploration of Christian Community* — Dietrich Bonhoeffer **S10**
- ★★★ *Living Life Backward: How Ecclesiastes Teaches Us to Live in Light of the End* — David Gibson
- ★★★ *Crafting a Rule of Life: An Invitation to the Well-Ordered Way* — Stephen A. Macchia **S4**
- ★★★ *Run with the Horses: The Quest for Life at Its Best* — Eugene H. Peterson
- ★★★ *A Hidden Wholeness: The Journey Toward an Undivided Life* — Parker J. Palmer **S11**
- ★★★ *Life Worth Living: A Guide to What Matters Most* — Miroslav Volf, Matthew Croasmun & Ryan McAnnally-Linz
- ★★★ *Signals of Transcendence: Listening to the Promptings of Life* — Os Guinness
- ★★★ *We Who Wrestle with God* — Jordan B. Peterson
- ★★★ *Believing Is Seeing: A Physicist Explains How Science Shattered His Atheism* — Michael Guillen
- ★★★ *Jesus and the Eyewitnesses: The Gospels as Eyewitness Testimony* — Richard Bauckham
- ★★★ *Zondervan NIV Study Bible: Updated Edition* — Various Authors
- ★★★ *Stages of Faith: The Psychology of Human Development and the Quest for Meaning* — James W. Fowler
- ★★★ *Confessions* — Saint Augustine
- ★★★ *The Stories We Live By: Seven Cultural Myths That Fail Us and the Story That Never Will* — Timothy Keller & Michael Keller
- ★★★ *A Life of Meaning: Relocating Your Center of Spiritual Gravity* — James Hollis
- ★★★ *Living Fearless: Exchanging the Lies of the World for the Liberating Truth of God* — Jamie Winship
- ★★★ *The Untethered Soul: The Journey Beyond Yourself* — Michael A. Singer
- ★★★ *Blue Like Jazz: Nonreligious Thoughts on Christian Spirituality* — Donald Miller
- ★★★ *Jesus Is: Find a New Way to Be Human* — Judah Smith
- ★★★ *Amazing Truths: How Science and the Bible Agree* — Michael Guillen
- ★★★ *The Remarkable Ordinary: How to Stop, Look, and Listen to Life* — Frederick Buechner

★★★ *How Should We Then Live?: The Rise and Decline of Western Thought and Culture* — Francis A. Schaeffer
 ★★★ *Escape from Reason* — Francis A. Schaeffer
 ★★★ *Flourish: Finding Purpose in the Unknown and Unexpected Seasons of Life* — Grace Wabuke Klein & Bob Goff
 ★★★ *Follow Me* — J. Lee Grady
 27 titles · ★★★ 6 · ★★☆☆ 12 · ★☆☆☆ 9

MANHOOD, FATHERHOOD AND BROTHERHOOD

Fathers, sons and brothers: the male-specific shelf, and staying in the race.

★★★ *Gun Lap: Staying in the Race with Purpose* — Robert Wolgemuth
 ★★★ *The Blessing: Giving the Gift of Unconditional Love and Acceptance* — Gary Smalley & John Trent **S15**
 ★★★ *Five Essentials to Engage Today's Men* — Barna Group
 ★★★ *Tribe: On Homecoming and Belonging* — Sebastian Junger
 ★★★ *Seven Men: And the Secret of Their Greatness* — Eric Metaxas
 ★★★ *Notes on Being a Man* — Scott Galloway
 ★☆☆ *The Intentional Father: A Practical Guide to Raise Sons of Courage and Character* — Jon Tyson
 ★☆☆ *Surfing for God: Discovering the Divine Desire Beneath Sexual Struggle* — Michael John Cusick
 ★☆☆ *A Man at Arms (novel)* — Steven Pressfield
 9 titles · ★★★ 3 · ★★☆☆ 3 · ★☆☆☆ 3

RELATIONSHIPS AND COMMUNICATION

Friendship, marriage, and the conversational skill a men's circle runs on.

★★★ *How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen* — David Brooks **S10**
 ★★★ *Connect: Building Exceptional Relationships with Family, Friends, and Colleagues* — David Bradford & Carole Robin **S10**
 ★★★ *Supercommunicators: How to Unlock the Secret Language of Connection* — Charles Duhigg **S10**
 ★★★ *Crucial Conversations: Tools for Talking When Stakes Are High* — Kerry Patterson, Joseph Grenny, Ron McMillan & Al Switzler
 ★★★ *Together: The Healing Power of Human Connection in a Sometimes Lonely World* — Vivek H. Murthy **S10**
 ★★★ *Validation: How the Skill Set That Revolutionized Psychology Will Transform Your Relationships* — Caroline Fleck
 ★★★ *Married to Distraction: How to Restore Intimacy and Strengthen Your Partnership in an Age of Interruption* — Edward M. Hallowell & Sue Hallowell
 ★★★ *Vibe: The Secrets of Strong Connections in a Lonely World* — Adam Grant
 ★★★ *Friends: Understanding the Power of Our Most Important Relationships* — Robin Dunbar **S10**
 ★★★ *The Good Life: Lessons from the World's Longest Scientific Study of Happiness* — Robert Waldinger & Marc Schulz **S10**
 ★★★ *We Should Get Together: The Secret to Cultivating Better Friendships* — Kat Velloso **S10**
 ★★★ *The Last Human Job: The Work of Connecting in a Disconnected World* — Allison J. Pugh **S10**
 ★★★ *The Four Loves* — C. S. Lewis **S10**

- ★★★ *Sacred Marriage: What If God Designed Marriage to Make Us Holy More Than to Make Us Happy?* — Gary Thomas **S4**
- ★★★ *Modern Friendship: How to Nurture Our Most Valued Connections* — Anna Goldfarb
- ★★★ *Unlocking the Art of Making Friends: A Complete Guide to Meaningful Adult Friendships* — Athena Harmonia
- ★★★ *Plays Well with Others: The Surprising Science Behind Why Everything You Know About Relationships Is (Mostly) Wrong* — Eric Barker **S10**
- ★★★ *The Mindful Path to Intimacy: Cultivating a Deeper Connection with Your Partner* — James V. Cordova
- ★★★ *No One Understands You and What to Do About It* — Heidi Grant Halvorson
- ★★★ *Never Split the Difference: Negotiating As If Your Life Depended On It* — Chris Voss & Tahl Raz **S10**
- ★★★ *The Science of Likability: 27 Studies to Master Charisma and Attract Friends* — Patrick King
- ★★★ *How We Show Up: Reclaiming Family, Friendship, and Community* — Mia Birdsong
- ★★★ *Belonging: The Science of Creating Connection and Bridging Divides* — Geoffrey L. Cohen
- ★★★ *The Social Animal: The Hidden Sources of Love, Character, and Achievement* — David Brooks
- ★★★ *Relationship, Relationship, Relationship: The Heart of a Mature Society* — Tony Humphreys & Helen Ruddle
- ★★★ *We Need to Talk: How to Have Conversations That Matter* — Celeste Headlee **S10**
- ★★★ *We Need to Hang Out: A Memoir of Making Friends* — Billy Baker **S10**
- ★★★ *Platonic: How the Science of Attachment Can Help You Make—and Keep—Friends* — Marisa G. Franco **S10**
- ★★★ *Frientimacy: How to Deepen Friendships for Lifelong Health and Happiness* — Shasta Nelson **S10**
- ★★★ *The Village Effect: How Face-to-Face Contact Can Make Us Healthier and Happier* — Susan Pinker **S10**
- ★★★ *Talk: The Science of Conversation and the Art of Being Ourselves* — Alison Wood Brooks **S10**
- ★★★ *The Relationship Cure* — John Gottman
- ★★★ *Bowling Alone: The Collapse and Revival of American Community* — Robert D. Putnam **S10**
- ★★★ *Loneliness: Human Nature and the Need for Social Connection* — John T. Cacioppo & William Patrick **S10**
- ★★★ *Quiet: The Power of Introverts in a World That Can't Stop Talking* — Susan Cain **S10**

35 titles · ★★★ 2 · ★★☆☆ 12 · ★☆☆☆ 21

CHARACTER AND WISDOM

Stoic and virtue-formation material — what a man becomes, not what he accomplishes.

- ★★★ *The Power of Character Strengths: Appreciate and Ignite Your Positive Personality* — Ryan M. Niemiec & Robert E. McGrath **S7**
- ★★★ *Meditations* — Marcus Aurelius
- ★★★ *The Obstacle Is the Way: The Timeless Art of Turning Trials into Triumph* — Ryan Holiday
- ★★★ *Practical Wisdom: The Right Way to Do the Right Thing* — Barry Schwartz & Kenneth Sharpe
- ★★★ *Entrepreneurs of Life: Faith and the Venture of Purposeful Living* — Os Guinness, Ginger Koloszyk & Karen Lee-Thorp
- ★★★ *Dare to Lead* — Brené Brown **S6 • S7**
- ★★★ *Wisdom Takes Work: Learn. Apply. Repeat.* — Ryan Holiday
- ★★★ *Pebbles of Perception: How a Few Good Choices Make All the Difference* — Laurence Endersen

- ★☆☆ QBQ! *The Question Behind the Question: Practicing Personal Accountability at Work and in Life* — John G. Miller
 - ★☆☆ *The 23 Principles of a Stoic* — Alan Tessier
 - ★☆☆ *The Way of Excellence: A Guide to True Greatness and Deep Satisfaction in a Chaotic World* — Brad Stulberg
 - ★☆☆ *Humble Power: Less Ego. More Impact. Better Results.* — Ethan Willis
 - ★☆☆ *Character Strengths and Virtues: A Handbook and Classification* — Christopher Peterson & Martin Seligman **S8**
 - ★☆☆ *What Are You Going to Do with Your Life?: Unpublished Writings and Diaries* — Edwin H. Friedman
 - ★☆☆ *The Integrity Moment: Making Powerful Choices in Life* — Tobey
- 15 titles · ★★☆☆ 1 · ★★☆☆ 5 · ★☆☆ 9

SELF-KNOWLEDGE AND RESILIENCE

The interior work — seeing yourself clearly and staying upright under load.

- ★☆☆ *12 Rules for Life: An Antidote to Chaos* — Jordan B. Peterson
 - ★☆☆ *Positive Intelligence: Why Only 20% of Teams and Individuals Achieve Their True Potential* — Shirzad Chamine
 - ★☆☆ *StrengthsFinder 2.0* — Tom Rath **S8**
 - ★☆☆ *Self-Efficacy: The Exercise of Control* — Albert Bandura **S11**
 - ★☆☆ *Principles: Life and Work* — Ray Dalio
 - ★☆☆ *The Rise and Triumph of the Modern Self* — Carl R. Trueman
 - ★☆☆ *Letting Go: The Pathway of Surrender* — David R. Hawkins
 - ★☆☆ *Getting to Yes with Yourself (and Other Worthy Opponents)* — William Ury
 - ★☆☆ *A Guide to The Present Moment: How to Dissolve Your Unwanted Emotions* — Noah Elkrief
 - ★☆☆ *Love Yourself Like Your Life Depends On It* — Kamal Ravikant
 - ★☆☆ *Live Your Truth* — Kamal Ravikant
 - ★☆☆ *Reinvent Yourself* — James Altucher
 - ★☆☆ *Choose Yourself!* — James Altucher
 - ★☆☆ *The Power of No: Because One Little Word Can Bring Health, Abundance, and Happiness* — James Altucher & Claudia Altucher
 - ★☆☆ *Personal Development for Smart People: The Conscious Pursuit of Personal Growth* — Steve Pavlina
 - ★☆☆ *Beyond Belief: The Science-Backed Way to Stop Limiting Yourself and Achieve Breakthrough Results* — Nir Eyal & Julie Li
 - ★☆☆ *Wisdom Untethered: The Time for Questions* — Michael A. Singer
 - ★☆☆ *The Overthinker's Guide to Happiness: Rewiring Your Mind for Joyful Living* — Michael Erikson
- 18 titles · ★★☆☆ 0 · ★★☆☆ 3 · ★☆☆ 15

LEGACY, STORY AND WRITING

Your story, told and handed on: memoir, narrative identity and ethical wills.

- ★☆☆ *To Be Told: Know Your Story, Shape Your Future* — Dan B. Allender **S4 • S5**

- ★★★ *Ethical Wills: Putting Your Values on Paper* — Barry K. Baines **S14**
 - ★★★ *Telling Secrets: A Memoir* — Frederick Buechner
 - ★★★ *Writing About Your Life: A Journey into the Past* — William Zinsser
 - ★★★ *Letters to My Son: Reflections on Becoming a Man* — Kent Nerburn
 - ★★★ *The Stories We Live By: Personal Myths and the Making of the Self* — Dan P. McAdams **S5**
 - ★★★ *So That Your Values Live On: Ethical Wills and How to Prepare Them* — Jack Riemer & Nathaniel Stampfer **S14**
 - ★★★ *The Redemptive Self: Stories Americans Live By (Revised and Expanded)* — Dan P. McAdams
 - ★★★ *Me, Myself, and Bob: A True Story About Dreams, God, and Talking Vegetables* — Phil Vischer
 - ★★★ *The Top Five Regrets of the Dying: A Life Transformed by the Dearly Departing* — Bronnie Ware **S8 • S14**
 - ★★★ *Put Your Ass Where Your Heart Wants to Be* — Steven Pressfield
 - ★★★ *The Getaway Car: A Practical Memoir About Writing and Life* — Ann Patchett
 - ★★★ *The Autobiography of Benjamin Franklin* — Benjamin Franklin
 - ★★★ *Opening Up by Writing It Down* — James W. Pennebaker & Joshua M. Smyth **S5**
- 14 titles • ★★★ 2 • ★★☆☆ 8 • ★☆☆☆ 4

LIFE DESIGN AND CONTRIBUTION

Building the next chapter deliberately, and aiming it at someone other than yourself.

- ★★★ *Designing Your Life: How to Build a Well-Lived, Joyful Life* — Bill Burnett & Dave Evans **S2 • S6 • S11**
 - ★★★ *Life's Great Question: Discover How You Best Contribute to the World* — Tom Rath **S7 • S8**
 - ★★★ *How to Live a Meaningful Life* — Bill Burnett & Dave Evans
 - ★★★ *The Answer to How Is Yes: Acting on What Matters* — Peter Block
 - ★★★ *Creating Your Best Life: The Ultimate Life List Guide* — Caroline Adams Miller & Michael B. Frisch
 - ★★★ *Hidden Potential: The Science of Achieving Greater Things* — Adam Grant
 - ★★★ *Refuse to Choose!: Use All of Your Interests, Passions, and Hobbies to Create the Life You Want* — Barbara Sher
 - ★★★ *The Connection Algorithm: Take Risks, Defy the Status Quo, and Live Your Passions* — Jesse Tevelow
- 8 titles • ★★★ 1 • ★★☆☆ 3 • ★☆☆☆ 4

FACILITATION, GROUPS AND GATHERING

For the man who leads a group, hosts a gathering or runs a room.

- ★★★ *The Art of Gathering: How We Meet and Why It Matters* — Priya Parker **S10**
- ★★★ *The Power of Moments: Why Certain Experiences Have Extraordinary Impact* — Chip Heath & Dan Heath **S14**
- ★★★ *The Coaching Habit: Say Less, Ask More & Change the Way You Lead Forever* — Michael Bungay Stanier **S10**
- ★★★ *Community: The Structure of Belonging (3rd Edition)* — Peter Block **S10**
- ★★★ *Designing & Leading Life-Changing Workshops: Creating the Conditions for Transformation* — Ken Nelson, David Ronka, Lesli Lang, Liz Korabek-Emerson & Jim White

- ★★★ *The Advice Trap: Be Humble, Stay Curious & Change the Way You Lead Forever* — Michael Bungay Stanier
 - ★★★ *A Time to Gather: How Ritual Created the World — and How It Can Save Us* — Bruce Feiler
 - ★★★ *The Art of Community: Seven Principles for Belonging* — Charles Vogl **S10**
 - ★★★ *Designing Experiences* — J. Robert Rossman & Mathew D. Duerden
 - ★★★ *Holy Listening: The Art of Spiritual Direction* — Margaret Guenther
- 10 titles · ★★★ 4 · ★★☆☆ 6 · ★☆☆☆ 0

QUESTIONS AND REFLECTION TOOLS

Raw material for good questions and honest self-inquiry.

- ★★★ *The Book of Questions* — Gregory Stock
 - ★★★ *How to Fall in Love with Questions: A New Way to Thrive in Times of Uncertainty* — Elizabeth Weingarten
 - ★★★ *Self-Discovery Questions: 155 Breakthrough Questions to Accelerate Massive Action* — Barrie Davenport
 - ★★★ *Look: A Practical Guide for Improving Your Observational Skills* — James H. Gilmore
- 4 titles · ★★★ 0 · ★★☆☆ 2 · ★☆☆☆ 2

PRODUCTIVITY AND HABITS

The mechanics of change — how a new intention actually survives contact with a Tuesday.

- ★★★ *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones* — James Clear **S4**
 - ★★★ *The ONE Thing: The Surprisingly Simple Truth About Extraordinary Results* — Gary Keller & Jay Papasan **S11**
 - ★★★ *Four Thousand Weeks: Time Management for Mortals* — Oliver Burkeman
 - ★★★ *Essentialism: The Disciplined Pursuit of Less* — Greg McKeown **S13**
 - ★★★ *Tiny Habits: The Small Changes That Change Everything* — BJ Fogg **S4 · S13**
 - ★★★ *Anatomy of a Breakthrough: How to Get Unstuck When It Matters Most* — Adam Alter
 - ★★★ *How to Have a Good Day: Harness the Power of Behavioral Science* — Caroline Webb
 - ★★★ *Triggers: Creating Behavior That Lasts* — Marshall Goldsmith & Mark Reiter
 - ★★★ *Willpower: Rediscovering the Greatest Human Strength* — Roy F. Baumeister & John Tierney
 - ★★★ *Nine Things Successful People Do Differently* — Heidi Grant Halvorson
 - ★★★ *The Miracle Morning: The Not-So-Obvious Secret Guaranteed to Transform Your Life* — Hal Elrod
 - ★★★ *Find What You Were Born For* — Zoe McKey
 - ★★★ *Tools of Titans: A Comprehensive Guide to High-Performance Tools and Tactics* — Timothy Ferriss
 - ★★★ *Big Time: A Simple Path to Time Abundance* — Laura Vanderkam
 - ★★★ *The Power of Action: Do It Now* — Daniel Walter
- 15 titles · ★★★ 3 · ★★☆☆ 2 · ★☆☆☆ 10

THINKING AND INNOVATION

Mental models and the discipline of being wrong on purpose.

- ★★★ *Think Again: The Power of Knowing What You Don't Know* — Adam Grant

- ★★★ *The Great Mental Models, Volume 1: General Thinking Concepts* — Shane Parrish & Rhiannon Beaubien
 - ★★★ *Mistakes Were Made (but Not by Me), Third Edition* — Carol Tavris & Elliot Aronson
 - ★★★ *Little Bets: How Breakthrough Ideas Emerge from Small Discoveries* — Peter Sims
 - ★★★ *Range: Why Generalists Triumph in a Specialized World* — David Epstein **S13**
 - ★★★ *Originals: How Non-Conformists Move the World* — Adam Grant
 - ★★★ *The Great Mental Models, Volume 2: Physics, Chemistry and Biology* — Shane Parrish & Rhiannon Beaubien
 - ★★★ *The Wisest One in the Room: How You Can Benefit from Social Psychology's Most Powerful Insights* — Thomas Gilovich & Lee Ross
 - ★★★ *The Invisible Gorilla: And Other Ways Our Intuitions Deceive Us* — Christopher F. Chabris
 - ★★★ *What Makes Your Brain Happy and Why You Should Do the Opposite* — David DiSalvo
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