

Kat's 2023 Book List

12 Rules for Life, An Antidote to Chaos by Jordan B Peterson
13 Things Mentally Strong People Don't by Amy Moran
21 Letters on Life and Its Challenges by Charles Handy
7 Traits: How to Change Your World by Shalom Denbo
Becoming Wise: An Inquiry Into the Mystery and Art of Living by Krista Tippett
Getting to Neutral by Trevor Moawad
Solve for Happy, Engineer your Path to Joy by Mo Gawdat
By His Light Character and Values in the Service of God by Rabbi Aharon Lichtenstein.
Chatter: The Voice in Our Head, Why It Matters and How to Harness It by Ethan Kross
Critical Thinking And Mental Models: The Great Course to Emulate Effective Thinking Systems of the Most Successful Leaders. Think Fast, Set Goals and Solve Problems by Adopting Brilliant Strategies by Carl Patterson
Dazzling Money Insights: Illuminating Torah Essays about Money by R' Yehoshua Alt
Don't mind if I Do: How to Transform your Life with the Power of Jewish Mindfulness by Doran Lazarus
Ethical Writings of Maimonides by Maimonides
Execution: The Discipline of Getting Things Done by Larry Bossidy
Finish Give Yourself the Gift of Done by Jon Acuff
Fortitude American Resilience in the Era of Outrage by Dan Crenshaw
Four Thousand Weeks Time Management for Mortals by Oliver Burkeman
Getting to Neutral by Trevor Moawad
HBR On Leadership
Hebrew Ethical Wills by Israel Abrahams
How Emotions are Made by Lisa Feldman Barrett
How to Change: The Science of Getting from Where You Are to Where You Want to Be by Katy Milkman
How to Find and Keep Lasting Love, Why Him? Why Her? by Helen Fisher
How to Have a Good Day by Caroline Webb
How to Live or A life of Montaigne by Sarah Bakewell
How to Raise Your Self-Esteem: The Proven Action-Oriented Approach to Greater Self-Respect and Self-Confidence by Nathaniel Brandon Branden
How to Understand Everything: Consilience: A New Way to See the World by Tom Beakbane
How Will You Measure Your Life? by Clayton M. Christensen
Investing with Keynes by Justyn Walsh
Let That Shit Go: A Journey to Forgiveness, Healing & Understanding Love by Bruna Nessif
Light at the Beginning of the Tunnel : Wiring our Children for Happiness by Beth Perkle
Meaningful Minute Compiled by Yisroel Besser and Nachi Gordon
Measure What Matters by John Doar
Mindfulness: A Jewish Approach by Jonathan Feiner
Now, Discover Your Strengths by Marcus Buckingham and Donald Clifton PhD
Old Age, Beginners Guide by Michael Kinsley
Out of Time: A Philosophical Study of Timelessness by Johnathan Tallant, Kristie Miller, and Sam Baron
Positive Psychology: a Practical Guide by Bridget Grenville-Cleave
Sapien Ethics by Mark Godwin
Sick Souls, Healthy Minds: How William James Can Save Your Life by John Kaag
Steve Jobs' Life By Design: Lessons to be Learned from His Last Lecture by George Beahm
The 7 Habits of Highly Effective People by Stephen Covey
The Art of Living Consciously: The Power of Awareness to Transform Everyday Life by Nathaniel Branden
The Art of the Good Life by Rolf Dobelli

The Black Swan, Second Edition: The Impact of the Highly Improbable: With a new section: "On Robustness and Fragility": Incerto, Book 2 by Joe Ochman

The Code of Extraordinary Mind by Vishen Lakhiani

The Complete Idiot's Guide to Organizing Your Life, 5th Edition by Georgene Lockwood

The Courage to Be Disliked: How to Free Yourself, Change Your Life, and Achieve Real Happiness by Ichiro Kishimi and Fumitake Koga

The End of Self-Help: Discovering Peace and Happiness Right at the Heart of Your Messy, Scary, Brilliant Life by Gail Brenner

The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy by Jon Gordon

The Eye of Spirit: An Integral Vision for a World Gone Slightly Mad by Ken Wilber

Happy Brain: Where Happiness Comes From, and Why by Dean Burnett

The Human Network: How Your Social Position Determines Your Power, Beliefs, and Behaviors by Matthew O. Jackson

The Organized Mind: Thinking Straight in the Age of Information Overload by Daniel Levitan

The Power of Focus by Jack Canfield

The Power of Moments: Why Certain Experiences Have Extraordinary Impact by Chip Heath and Dan Heath

The Power of Regret: How Looking Backward Moves Us Forward by Daniel Pink

The Scout Mindset: Why Some People See Things Clearly and Others Don't by Julia Galef

The Second Mountain: How People Move from the Prison of Self to the Joy of Commitment by David Brooks

The Socrates Express: In Search of Life Lessons from Dead Philosophers by Eric Weiner

The Ten Worlds The New Psychology of Happiness by Alex Lickerman, Ash ElDifrawi

The Valued Self: Five Steps To Healthy Self-Esteem by Dr. Elliott B Rosenbaum

Mastering the Art of Positive Thinking: Discovering the Joy in Every Moment by Olivia Telford

The Voltage Effect: How to Make Good Ideas Great and Great Ideas Scale by John List

The Way of Integrity: Finding the Path to Your True Self by Martha Beck

Think Again: The Power of Knowing What You Don't Know by Adam Grant

Time management from the inside out by Julie Morganstern

Time to Think: Listening to Ignite the Human Mind by Nancy Kline

Tools of Titans: The Tactics, Routines, and Habits of Billionaires, Icons, and World-Class Performers by Tim Ferris

Tuesdays with Morrie: 20th Anniversary Edition by Mitch Albom

Unwind Your Mind: The Life-Changing Power of ASMR by Emma WhispersRed

Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind by Judson B

What Game Are You Playing?: A Framework for Redefining Success and Achieving What Matters Most by Robin Moriarty, PhD

What it Takes: Lessons in the Pursuit of Excellence by Stephen A. Schwarzman

Wired to Create: Unraveling the Mysteries of the Creative Mind by Scott Kaufman

Signs by Laura Lynee Jackson

The Lighthouse Effect by Steve Pemberton

Limitless Expanded Edition: Upgrade Your Brain, Learn Anything Faster, and Unlock Your Exceptional Life by Jim K

How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen by David Brooks

Originals: How Non-Conformists Move the World by Adam Grant

Noble Savages: My Life Among Two Dangerous Tribes--The Yanomamo and the Anthropologists by Napoleon A Chagnon

Don't Sleep there are Snakes by Daniel Everett

Bittersweet by Susan Cain

Quiet by Susan Cain

The Brand Called You: The Ultimate Personal Branding Handbook to Transform Anyone into an Indispensable Brand by Peter Montoya & Tim Vandehey

Miracles by Frieda Bassman

Inclusify: The Power of Uniqueness and Belonging to Build Innovative Teams by Stefanie K Johnson

The Power of Fun: How to Feel Alive Again by Catherine Price

Range: Why Generalists Triumph in a Specialized World by David Epstein

Practicing Mindfulness: 75 Essential Meditations to Reduce Stress, Improve Mental Health, and Find Peace in the Everyday by Mindfulness Sockolov

Designing Positive Psychology: Taking Stock and Moving Forward (Series in Positive Psychology) by Sheldon, Kashdan, Stegar

Phenomenal: Phenomenal: A Hesitant Adventurer's Search for Wonder in the Natural World by Leigh Ann Henion

Happier Hour: How to Beat Distraction, Expand Your Time, and Focus on What Matters Most by Cassie Holmes

The 7 Habits of Highly Effective Families by Stephen Covey

Solve for Happy by Mo Gawdat

Worldly Goods: A New History of the Renaissance by Lisa Jardine

Dead Hands: A Social History of Wills, Trusts, and Inheritance Law by Lawrence M Friedman

The Bezos Blueprint: Communication Secrets of the World's Greatest Salesman by Carmine Gallo

The Happy Brain: The Science of Where Happiness Comes From, and Why by Dean Burnett

Death and Property in Siena, 1205-1800: Strategies for the Afterlife by Samuel Cohn

The Time Paradox: The New Psychology of Time That Will Change Your Life by Philip Zimbardo and John Boyd

Flourish: A Visionary New Understanding of Happiness and Well-being by Martin Seligman

When Women Ruled the World by Kara Cooney

Ensuring Retirement is the Best Part of Your Life by J. Michael Scarborough