

RECOMMENDED READING LIST

TITLE	AUTHOR	GENRE	PUBLISHING
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Reading helps to sharpen your saw. If you are reading this book, then you are likely a student of lifelong learning. More than likely you are someone who is always looking to get better or looking for a better way, striving to live your best life. I believe that being an avid reader is paramount to our growth. Books can tell us stories and teach us lessons that we can relate to our own journey in life. Here I have put together a sort of "best of" of the books I have read thus far in life. I wasn't much of a reader as a kid. I simply preferred doing it rather than reading, and I spent most of my time outdoors. I generally do not read fiction, I prefer movies for entertainment. For me, reading is usually about learning, sort of a professional requirement for a physician. Since this book is all about your Only One Body, we would be remiss if we didn't include some food for your mind.

TITLE	AUTHOR	GENRE	PUBLISHING
SELF DEVELOPMENT			
THINK & Grow Rich	Napoleon Hill	SELF DEVELOPMENT	
MONEY: Master the Game	Tony Robbins		
AWAKEN THE GIANT WITHIN	T. Robbins		
THE LAW OF SUCCESS	N. Hill		Penguin Group
MASTERY	R. Greene		Penguin Books
THE 48 LAWS OF POWER	R. Greene		Penguin Books
LEADING AN INSPIRED LIFE	J. Rohn		Nightingale-Conant Corp.
MINDSET	C. Dweck, Ph.D.		Ballantine Books
PRINCIPLES	R. Dalio		
PSYCHO-CYBERNETICS	M. Maltz		
THE POWER OF POSITIVE THINKING	Dr. Normal Vincent Peal		
YOUR NEXT FIVE MOVES	P. Bet-David		
THE COMPELLING COMMUNICATOR	T. Pollard		Conder House Press
FOCUS: the hidden driver of excellence	D. Goleman		
THE ONE THING	G. Keller J. Papasan		
ATOMIC HABITS	J. Clear		
10 X	G. Cardone		
HIGH PERFORMANCE HABITS	B. Burchard		
ANTIFRAGILE	N. Taleb		
UNBEATABLE MIND	M. Divine		
POWER VS FORCE	D. Hawkins		
TOUGH	G. Everett		
THE BOOK OF MAN	W. Bennett		
LEARNED OPTIMISM	M. Seligman		
GETTING PAST YOUR PAST	F. Shapiro		
CAN'T HURT ME	D. Goggins		
THE HEROES JOURNEY	J. CAMPBELL		
THE EVERYDAY HERO MANIFESTO	R. SHARMA		
THE MINIATURE GUIDE TO CRITICAL THINKING	R. PAUL and L. ELDER		
RANGE: HOW GENERALISTS TRIUMPH IN A SPECIALIZED WORLD	D. EPSTEIN		
LEADERSHIP			
IT'S YOUR SHIP	Capt. Michael Abrashaff		
EXTREME OWNERSHIP	Jocko Willink/ Lief Babin		
THE DICHOTOMY OF LEADERSHIP	Jocko Willink/ Lief Babin		
LEADERSHIP STRATEGIES AND TACTICS: FIELD MANUAL	Jocko Willink		
THE WAY OF THE WARRIOR KID SERIES	Jocko Willink		
STARRING DOWN THE WOLF	M. Divine		

START WITH WHY	Simon Sinek
LEADERS EAT LAST	Simon Sinek
ABOUT FACE	Col. David Hackwerth
CRUCIAL CONVERSATIONS	Kerry Patterson
POOR CHARLIE'S ALMANAC	C. Munger
GENERAL GEORGE WASHINGTON'S LEADERSHIP LESSONS	Stephen Spignesi
STARING DOWN THE WOLFE	Mark Divine
THE BOOK OF FIVE RINGS	Miyamoto Musashi
THE COMPELLING COMMUNICATOR	Tim Pollard

FINANCIAL

MONEY: Master the Game	Tony Robbins
RICH DAD POOR DAD CASH FLOW	R. Kiyosaki
THE RICHEST MAN IN BABYLON	G. Claussen
THE MILLIONAIRE NEXT DOOR	Thomas Stanley Ph.D
THE TOTAL MONEY MAKEOVER	D. Ramsey
EVERYDAY MILLIONAIRE	C. Hogan
UNSHAKABLE	Tony Robbins

BUSINESS

THE ROAD LESS STUPID	Keith Cunningham
THE BIOLOGY OF YOU	B. Lipton
UP THE ORGANIZATION	Robert Townsend
TRACTION	Gino Wickman
OVER THE TOP	Zig Ziglar
THE SELF MADE BILLIONAIRE EFFECT	J. Sviokla
ZIG ZIGLAR BORN TO WIN	Z. Ziglar
THE TALENT WAR	M. SARRAILLE G. RANDLE
TRACTION	Gino Wickman
MADE IN AMERICA	Sam Walton

HISTORY & GEOGRAPHY

THE FIRST CONSPIRACY	Brad Melzer
KILLING REAGON	Bill O'Reilly
KILLING LINCOLN	Bill O'Reilly
THE REAL GEORGE WASHINGTON	J.A. Parry
UNDAUNTED COURAGE	S. Ambrose
1776	D. Mccullough
LIVING THE MARTIAL WAY	Forrest E. Morgan
THE FOURTH TURNING	W. Strauss
THE RISE AND FALL OF GREAT POWERS	P. Kennedy
EMPIRE OF THE SUMMER MOON	S.W. Gwynne
PRISONERS OF GEOGRAPHY	Tim Marshall
ENDURANCE	Alfred Lansing

Barricade Books

THE FROTHNIERSMAN
WILDERNESS EMPIRE
THE GENERALS

Allan W. Eckert
Allan W. Eckert
Thomas E. Ricks

THE CONSTITUTION OF THE UNITED STATES
THE BILL OF RIGHTS
THE DECLARATION OF INDEPENDENCE
AMERICAN FLAG ETTIQUETTE
ATLAS SHRUGGED
INTELLECTUALS AND SOCIETY
TEN TORTURED WORDS
1984
ALL QUIET ON THE WESTERN FRONT
BAND OF BROTHERS
THE CONSTITUTION DECODED

AYN RAND
T. SOWELL
S. Mansfield
G. Orwell

K. KENNEDY

MEDICAL HEALTH & WELLNESS

OUTLIVE: SCIENCE & ART OF LONGEVITY
GET ABUNDANCE

PETER ATTIA, BILL GIFFORD
PETER DIAMONDIS

AGING MED COND & DISEASE

HARMONY MARCH 28, 2023

LIVE RIGHT FOR YOUR SPECIES TYPE
HUMAN LOCOMOTION
PLANT PARADOX
YOU ARE THE PLACEBO
YOUNGER NEXT YEAR
THE BIOLOGY OF BELIEF
LIFE FORCE

DR JAMES CHESTNUT
DR THOMAS MICHAUD
DR STEVEN GUNDRY
DR JOE DISZPENZA
Crowley and Lodge
B. Lipton
T. Robbins

THE PRICE WE PAY
SICKENING: HOW BIG PHARMA BROKE AMERICAN HEALTH CARE
AND HOW WE CAN FIX IT.
EXPLAIN PAIN
RATIONAL OPTIMISM
HEALTHCARE UPSIDE DOWN
LOW BACK DISORDERS
ULTIMATE BACK FITNESS & PERFORMANCE
BACK MECHANIC

M. MACKERY
J. ABRAMSON
DAVID S. BUTLER, G. LORIMER MOSELEY
W. RIDLEY
DR. H. BUCHWALD
DR. STUART McGill
DR. STUART McGill
DR. STUART McGill

PHYSICAL TRAINING

COMBAT STRENGTH TRAINING
MOVEMENT REDEFINED
STARTING STRENGTH
MAXIMUM STRENGTH
NEW FUNCTIONAL TRAINING FOR SPORTS
BACKFITPRO.COM

PAT McNAMARA
DR. JOEL SEEDMAN
MARK RIPPETOE
ERIC CRESSEY
MICHAEL BOYLE
DR. STUART McGill