

## What Are the Best Life-Changing Books?

Books have long been one of the best sources for information, education, and guidance. Some books can be so impactful that they have the power to completely change your life.

**From providing motivation to granting a new perspective on life to helping to establish goals, life-changing books can open your mind to new beginnings. They tend to stick with you long after reading and trigger actions that you may have previously not considered. Be it a spiritual awakening, financial planning, or childhood trauma healing, life-changing books are often looked to as the first step to moving forward.**

### Best Book on Confidence

#### You Are a Badass

Ever experience embarking on a new journey only to self-sabotage? Can't stop wondering why you always do this to yourself? You're not alone. There are a multitude of factors engaged when this happens, from a lack of self-esteem to poor habits. Put them all on the table and get to know yourself better. Figure out exactly why you do what you do. *You Are a Badass* reaffirms your confidence and challenges you to get risky and find love for yourself and others in the end. You can set goals, but this life-changing book will encourage you to ensure you attain them, reminding you how absolutely fabulous you are along the way. Who wouldn't want to have this as a go-to on the shelf? It's like your own personal hype squad in book form, there for you any time you need it.

### Best Book on Law of Attraction & Manifestation

#### The Secret

It's *no* secret that *The Secret* is the number one means of reading up on how you can manifest your wildest dreams into reality. *The Secret* is based on the centuries-old concept that you can utilize the energy that comes from focusing on your deepest intentions to influence your surroundings, resulting in the universe providing exactly that outcome to you. Want your dream car? Focus on it. What color is it? Where are you driving it? Envision that. Consistently and constantly dwell on that image. Put out into the universe that owning this car is your intention. *The Secret* suggests that nothing in this lifetime is coincidental.

### Best Book on Accountability

#### Get Out of Your Own Way

If you're not living up to your perceived potential, it's easy to blame everything but yourself. It takes a certain strength to admit your own fault and insecurities. *Get Out of Your Own Way* highlights such. Ideal for cynics and skeptics, the guide challenges you to get real with yourself and acknowledge your role in your failed efforts and negative behaviors, from jealousy to procrastination to lack of consistency.

### Best Books on Healing & Mindfulness

#### It Didn't Start With You

Sometimes you don't even realize just how much your childhood experiences [shape](#) your attitude and life perspective. *It Didn't Start With You* reassures you that the trauma you experienced as a kid was

beyond your control and it's what you do with the leftover feelings *these* days that truly shapes you as a person. It promotes you to heal from within, reducing guilt and eliminating lingering negativity.

### You Can Heal Your Life

You are not a victim to the universe occurring all around you. You hold the power to control what surrounds you. You just need to acknowledge such and grab your life by the reigns. It all starts with how you feel about yourself. *You Can Heal Your Life* reminds us of this exactly. Heal your mind, heal your life.

### Best Book on Perspective

#### Loving What Is

Anxiety getting the best of you? *Loving What Is* details four questions to ask yourself in order to shift your perspective and tendency to get in your own way. It promotes accountability by encouraging you to recognize when you're headed to an anxious place. It encourages you to challenge yourself by questioning your own ritualistic behavior on the spot:

- Is what I'm thinking true?
- Can I be sure it's true?
- How do I feel about this?
- What would I feel like if I didn't think about this?

#### It's All in Your Head

Written by rapper Russ, *It's All in Your Head* seemingly took cues from *The Law of Attraction* and combined it with themes from *You Are a Badass*. Believing that belief in yourself and intent focus on your utmost dreams and desires is the key to your purpose, the self-made millionaire has readers quickly absorbing his tips from cover to cover in a matter of hours. A simple, motivating read, *It's All in Your Head* will remind you that people aren't actually thinking what you're thinking, and, often, you're your own worst enemy.

### Best Book on Goal-Setting

#### The Book of Mistakes

Don't be fooled by the title. Though *The Book of Mistakes* indeed outlines huge potential trip-ups you *can* make in this lifetime, they're laid out for you so that when they attempt to come to fruition, you recognize them and *do not make them*.

### Best Books on Spiritual Awakening

#### The Power of Now: A Guide to Spiritual Enlightenment

This book's author lived in a heightened state of anxiety for almost thirty years before he came to the conclusion that he couldn't live with himself anymore. However, instead of attributing this to being a suicidal death wish, he came to the realization that, if he could feel this way, there must be two versions of himself: the one who was comfortable going on this way, and the one who was not. With that information, he sought a spiritual awakening that turned into this book encouraging others to do the same.

## Energy Codes

As human beings, we are constantly exerting energy as we are simultaneously submerged in the energy all around us. It's not rocket science to consider, then, that a shift in our own energy could then impact the vibes that surround us. Cue *The Energy Codes*. This book provides insight into unfortunate human conditions, from low self-esteem to depression to chronic illness and pain. It suggests these may all be due to the energy that lies within you. It provides you with steps you can begin to perform to manifest positive energy to heal and create contentment and fulfillment around you.

## Best Books on Planning Your Financial Future

### Think and Grow Rich

Let's start with the fact that there's a common theme here. Thinking and focusing on your intended outcome is common to almost all of these life-changing guides. Unfortunately, you can get so carried away with cynicism and it's those doubtful vibes that will keep you from what you originally sought. In other words, your thoughts make up your mindset and that mindset creates your reality.

*Think and Grow Rich* lays out 13 principles that contribute to growing your life with abundance:

- Desire
- Faith
- Self-Suggestion
- Knowledge
- Imagination
- Planning
- Decision
- Persistence
- Mastermind
- Transmutation
- Subconscious Mind
- The Brain
- Sixth Sense

### The Intelligent Investor

The tips packed into this timeless book still hold weight more than half a century later. A step just above any *Investing for Dummies* guides, *The Intelligent Investor* shares six key principles for smart investing:

- Educate yourself on the business you're investing in
- Get to know the background on the company's CEO
- Invest long-term, no quick profit attempts
- Choose investments fundamentally, do not fall for fads
- Include a margin of safety
- Believe in your abilities to invest

## Best Book for Your Future Career

### How to Win Friends and Influence People

There's a fine line between having the self-esteem to not care about what other people think, and ensuring that you are winning others over, and walking this line leads to success. From showcasing a

smile on a consistent basis to the art of listening and creating an engaging conversation, *How to Win Friends and Influence People* helps you to be better received by those around you. When people can sense your [authenticity](#), they are willing to provide you with a level of trust and loyalty that increases their likeliness to look to you as a leader.

## Best Book for Motivation

### The 7 Habits of Highly Effective People

Often you hear people speak of losing the motivation to do something, such as losing weight. You have a motivating reason, you start off strong, you see results, you continue to try, results taper off, time goes by, certain foods are missed, and what happens? You dive back into bad habits. This is a prime example of how motivation is not actually enough to get you through. Motivation is merely enough to get you started. It's the establishment and maintenance of winning habits that brings you to the finish line.

*The 7 Habits of Highly Effective People* summarizes said habits:

- **Sharpen the saw.** Strive for a healthy work/life/mental health balance. Afford self-care.
- **Be proactive.** Be accountable. Take initiative. Be an actor, not a reactor.
- **Begin with an intended "end".** Don't be aimless. Make goals. Reach them. Set new goals.
- **Prioritize.** Don't fall for distractions when working towards your goals.
- **Think win-win.** Compromise. Partner with others. Don't aim for the biggest piece of cake. Start slicing and sharing.
- **Understand, then be understood.** Don't just hear, listen. Then, communicate your words of wisdom clearly and effectively.
- **Synergize.** It takes a village. In any given group, any one individual's contribution could never supersede the potential of combining the talents of the entire team.

## Best Books for Life Structure

### The Life-Changing Magic of Tidying Up

Did you know that our surroundings tend to match how we're feeling inside? Picture a hoarding situation. The home is devastating, isolating, overwhelming, lonely. Often the hoarder is dealing with the same sort of emotions internally. Knowing this, it's no wonder why tidying up and organizing our surroundings can lead to internal satisfaction. Its impact on life quite literally in the name, *The Life-Changing Magic of Tidying Up* is based on the Japanese art of organizing and decluttering. It begs the question "does this bring me joy?" when putting unused household items up on the chopping block in the midst of the organizational process. If yes, keep it. If no, toss it.

Gone are the days of having a few pens in the kitchen drawer, some on your office desk, some in a box in the closet, and some under the couch. This guide will teach you that pens go in one place only, to be determined by you, of course, and that's simply the only place where the pens now go. And you don't need 10 pens, but perhaps 3 will do. Declutter your house, declutter your life, declutter your mind.

## Sink Reflections

Probably because it's the one area where you might find yourself catching your breath as the water warms up, *Sink Reflections* encourages you to tame your chaotic life by starting in the kitchen. Intended

for those who struggle with organization, *Sink Reflections* suggests physical relief from clutter and reiterates the mental clarity that generates from it.

## Best Books for Happiness

### The Happiness Project

When the author of *The Happiness Project* noticed that her years were quickly rushing by and she had not yet stopped to smell the roses, the journey was just beginning. *The Happiness Project* details her journey to uncover happiness, be it through finances, challenging herself, or clearing out the clutter in her surroundings.

### The Book of Joy

When two people who spent their lives being oppressed and the victims of exile and violence come together to discuss how joyful they find their lives to be, it's worth having a listen. His Holiness the Dalai Lama and Archbishop Desmond Tutu discuss, at the Dalai Lama's home in India, how to find joy in the midst of suffering. Through stories of grief, suffering, anger, and death, they then share the 8 pillars to everlasting happiness:

- Qualities of the mind
  - Perspective
  - Humility
  - Humor
  - Acceptance
- Qualities of the heart
  - Forgiveness
  - Gratitude
  - Compassion
  - Generosity

As you look to these books for a life overhaul-- whether healing from childhood trauma, manifesting your utmost desires, getting a handle on your self-esteem, finding joy and happiness, or creating structure-- remember that there is one major common denominator in every means of getting it together: they all start with you.