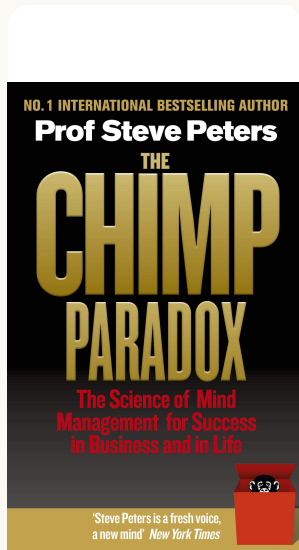


Our 10 Must-Read Self-Development Books

Ten enduring reads for mindset, performance, habits, decisions and relationships

BOOKS 1-2



1 | MUST READ

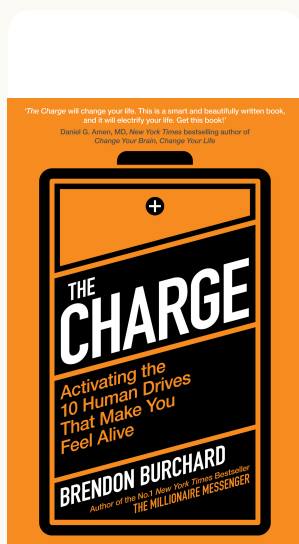
The Chimp Paradox

Prof Steve Peters

A memorable mind-management model for understanding the emotional Chimp, the rational Human and the habits stored in your internal Computer. Practical tools for managing reactions and performing under pressure.

[BUY - US](#)

[BUY - EUROPE](#)



2 | MUST READ

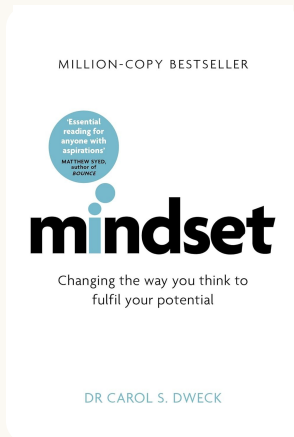
The Charge

Brendon Burchard

Explores ten human drives that shape energy, fulfilment and purpose. Burchard turns them into practical ways to feel more engaged, challenged, connected and alive.

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[BUY - EUROPE](#)



3 | MUST READ

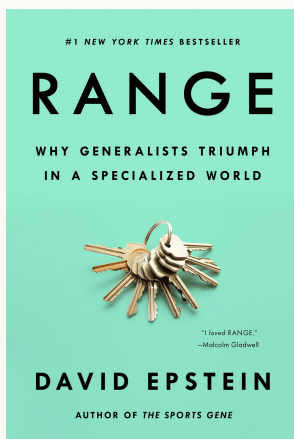
Mindset

Dr Carol S. Dweck

The influential distinction between fixed and growth mindsets. Dweck shows how beliefs about ability affect learning, resilience, relationships and long-term achievement.

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4 | MUST READ

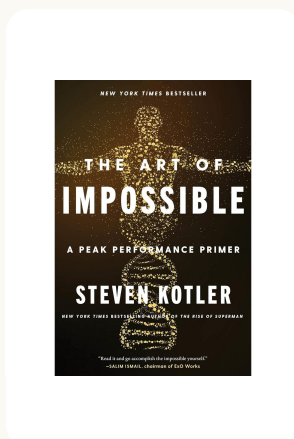
Range

David Epstein

A persuasive case for breadth, experimentation and transferable thinking. Epstein shows why generalists often thrive in complex environments where narrow expertise is not enough.

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5 | MUST READ

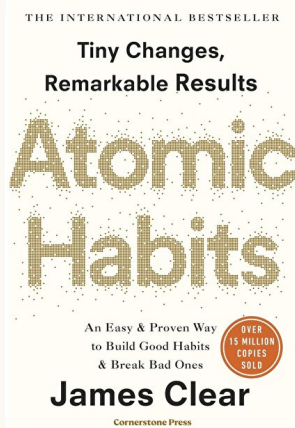
The Art of Impossible

Steven Kotler

A neuroscience-based guide to peak performance built around motivation, learning, creativity and flow. Designed to make ambitious goals feel more systematic and achievable.

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BUY - EUROPE



6 | MUST READ

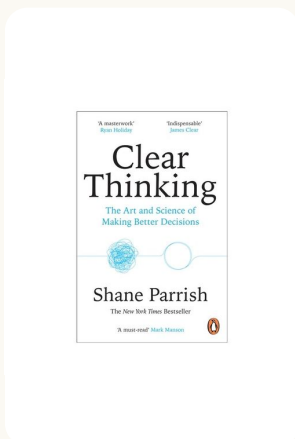
Atomic Habits

James Clear

A clear system for building better habits through small, repeatable changes. Particularly useful for designing environments, tracking behaviour and making good actions easier to sustain.

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7 | MUST READ

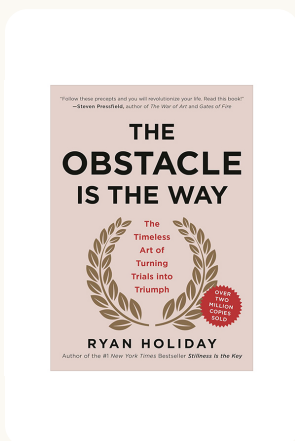
Clear Thinking

Shane Parrish

A practical framework for creating space between stimulus and response. Parrish explains how to recognise unhelpful defaults, improve judgement and make better decisions when it matters.

BUY - US

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8 | MUST READ

The Obstacle Is the Way

Ryan Holiday

A modern introduction to Stoic action. Holiday organises the response to adversity around perception, action and will - turning setbacks into opportunities for progress.

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BUY - EUROPE

Books 9-10

Small changes and timeless relationship skills to complete the list.

9 | MUST READ

Micro-Habits

Jake Humphrey & Damian Hughes

Forty-eight small, practical behaviours drawn from hundreds of conversations with high performers. Each idea is designed to be quick to understand and realistic to apply consistently.



BUY - US

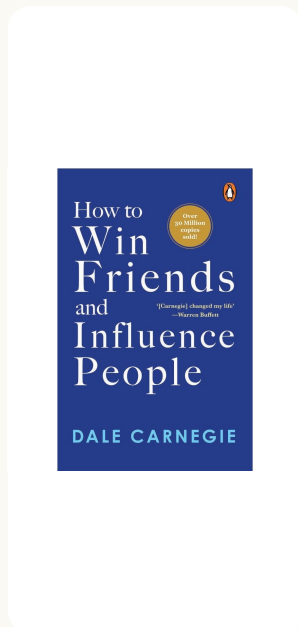
BUY - EUROPE

10 | MUST READ

How to Win Friends and Influence People

Dale Carnegie

The enduring classic on human relationships and influence. Its principles centre on sincere appreciation, attentive listening, empathy and helping other people feel understood and valued.



BUY - US

BUY - EUROPE