

1. Awareness by Anthony De Mello

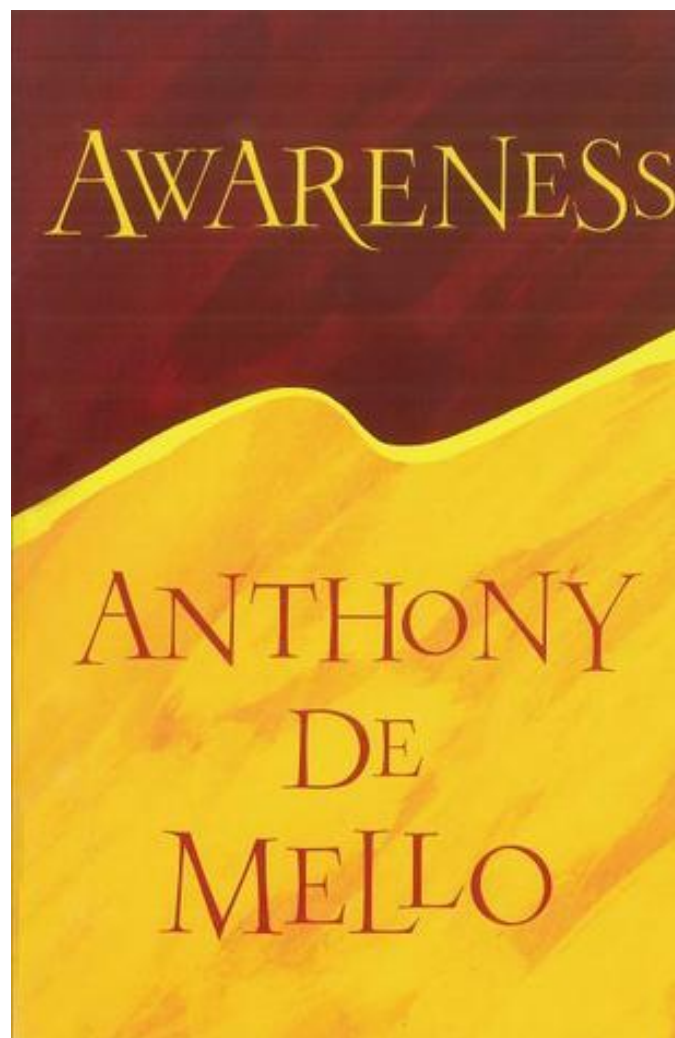
Main Concept:

The main idea is that self-awareness is the key to transforming our lives.

When we observe our self without judgment, we can detach from our fears, desires, and societal programming.

We naturally cling to people, outcomes, and identities. Freedom comes from non-attachment, not indifference.

"Spirituality means waking up. Most people, even though they don't know it, are asleep. They're born asleep, they live asleep, they marry in their sleep, they breed children in their sleep, and they die in their sleep without ever waking up."

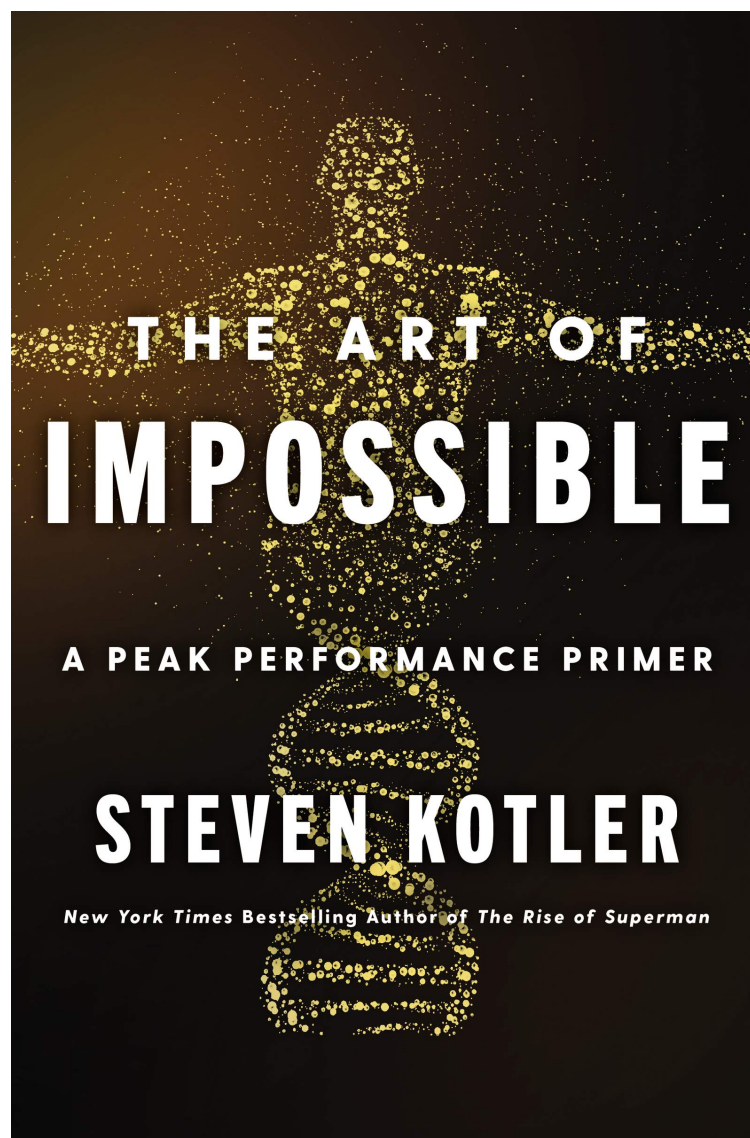


2. The Art of Impossible by Steven Kotler

Main Concept:

Kotler explains scientifically the art of achieving peak performance and accomplishing extraordinary goals. He uses neuroscience, psychology, and decades of performance research to break down how individuals can harness motivation, flow, learning, and creativity to push beyond their perceived limits.

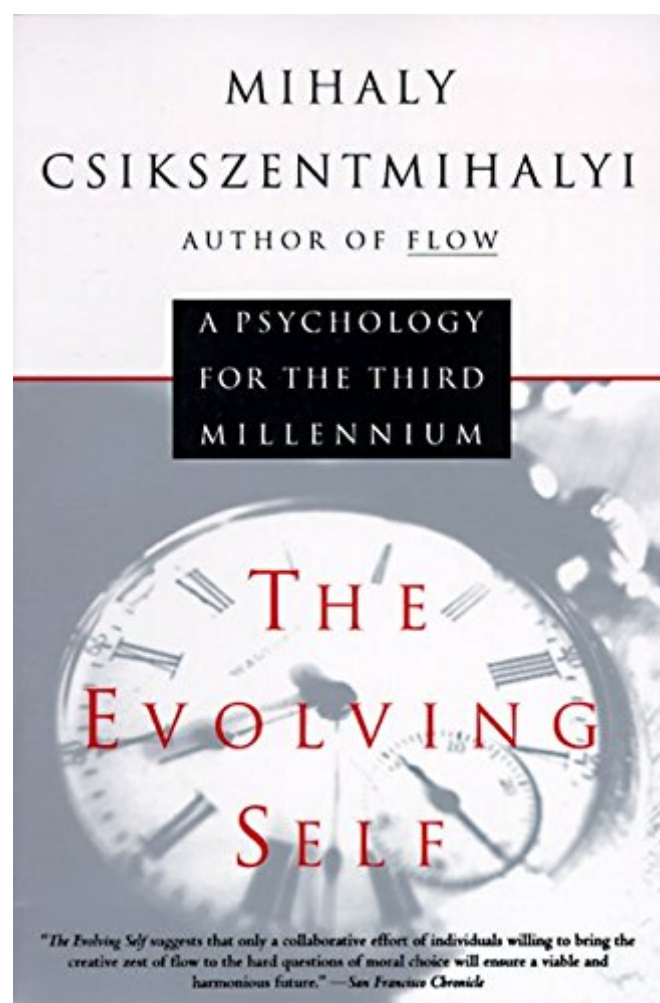
"The secret to achieving the impossible is to take what you think is possible, and make it slightly harder—and then repeat that process over and over again."



3. The Evolving Self by Mihaly Csikszentmihalyi

This is a great addition to the previous book. Mihaly Csikszentmihalyi is a specialist on Flow state, how it's entered and why is it important for long and short term goals. He explains how humans are meant to cultivate complexity. He encourages developing a complex self integrating personal goals with societal values for positive societal evolution.

"The normal condition of the mind is chaos. Only when involved in a goal-directed activity does it acquire order and positive moods."

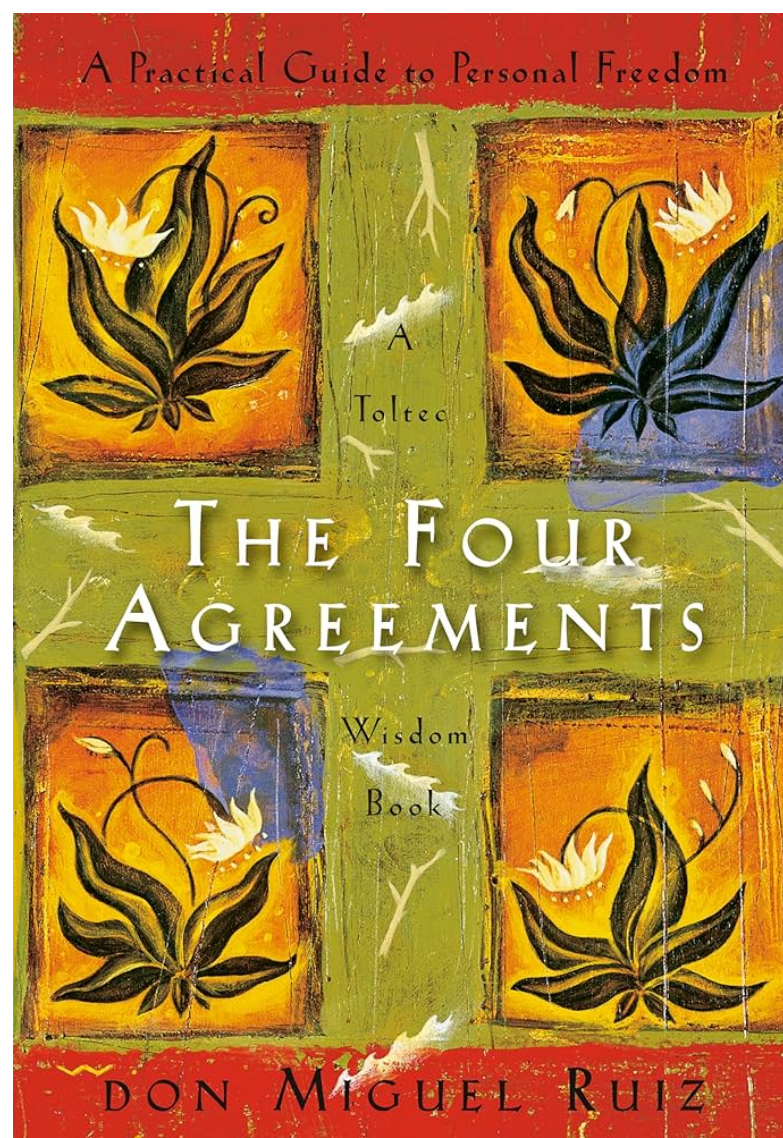


4. The Four Agreements by Miguel Ruiz

This one is pretty short and straightforward. It's about 4 spiritual principals:

- Be Impeccable with Your Word — your words shape your reality.
- Don't Take Anything Personally
- Don't Make Assumptions
- Always Do Your Best

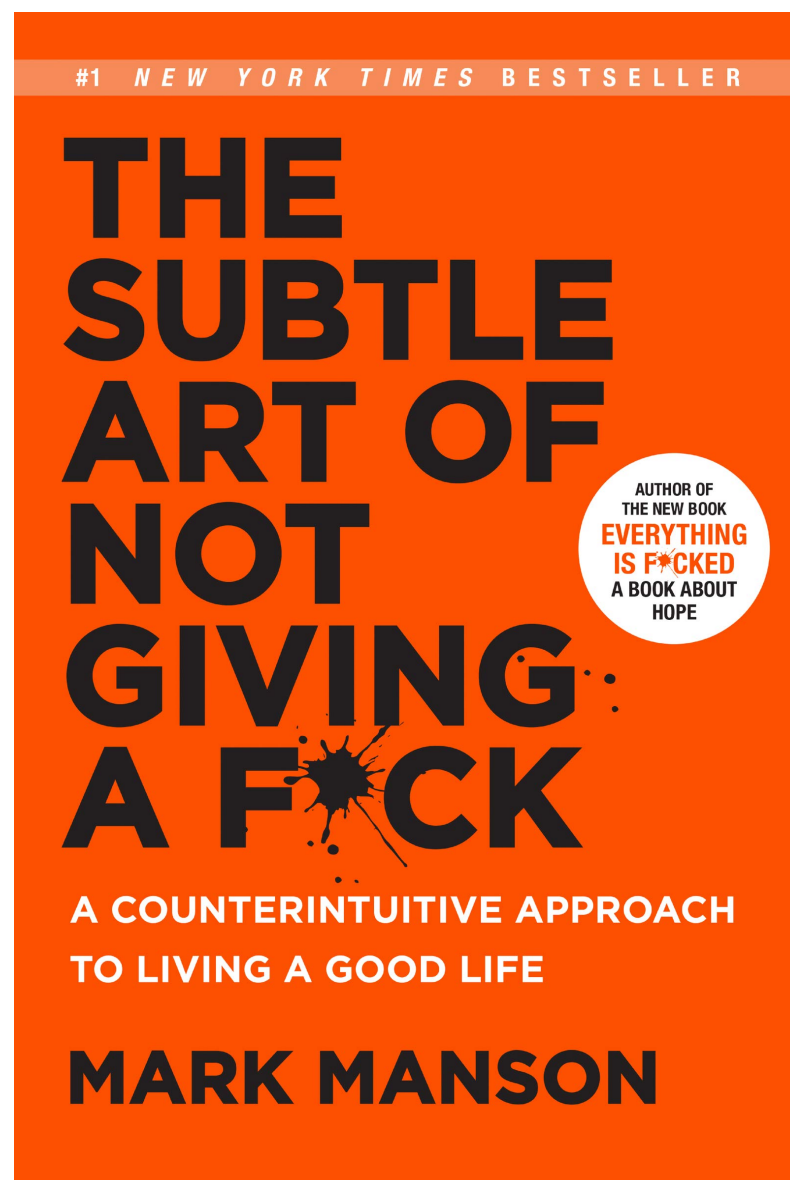
Things we all know but should remind ourselves.



5. The Art of Not Giving A F*ck by Mark Manson

There's deffinetly some things I don't agree with in Mark Manson's philosophy. But the most valuable concept I've learned from him is that if you chase something, you'll always struggle to get it. You can't have constant happines. You can't solve all of your problems.

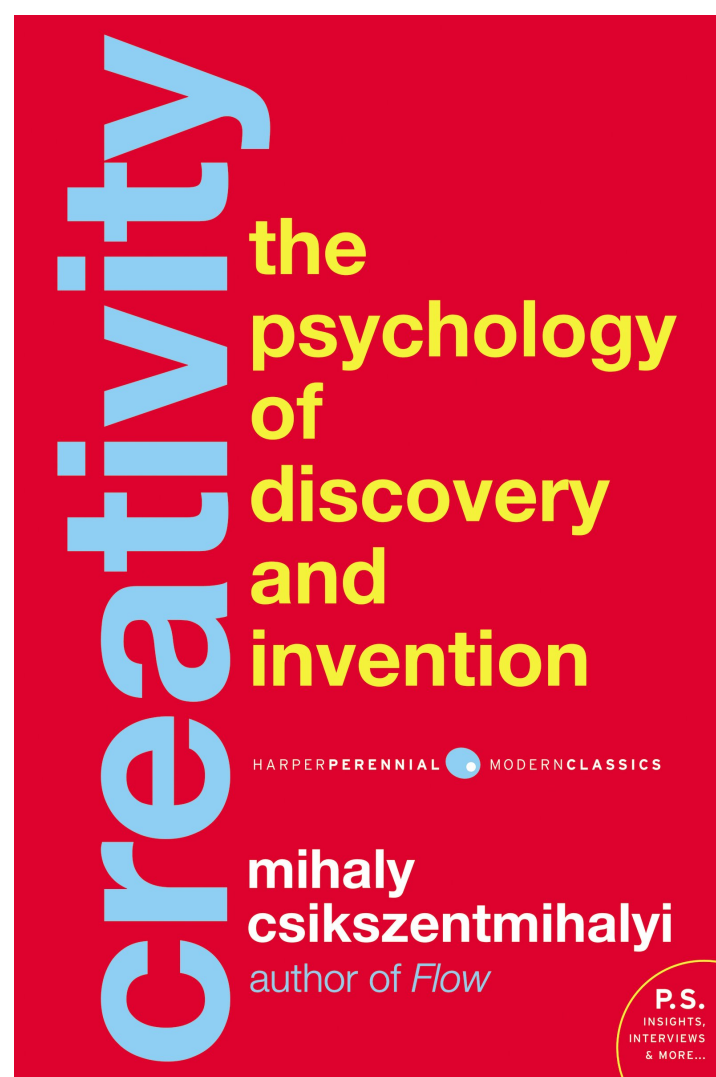
"The desire for more positive experience is itself a negative experience. And, paradoxically, the acceptance of one's negative experience is itself a positive experience."



6. Creativity: The Psychology of Discovery and Invention by Mihaly Csikszentmihalyi

Creativity is one of my favourite topics and this is one of the best books I've read about it. The author explores three main pillars of creativity. **Personal** traits like curiosity, discipline, and a deep knowledge of a field. **The Domain** – the set of rules, symbols, and traditions in a field (like science, art, or music). **The Field** – the gatekeepers (like critics, editors, teachers) who evaluate and validate new ideas.

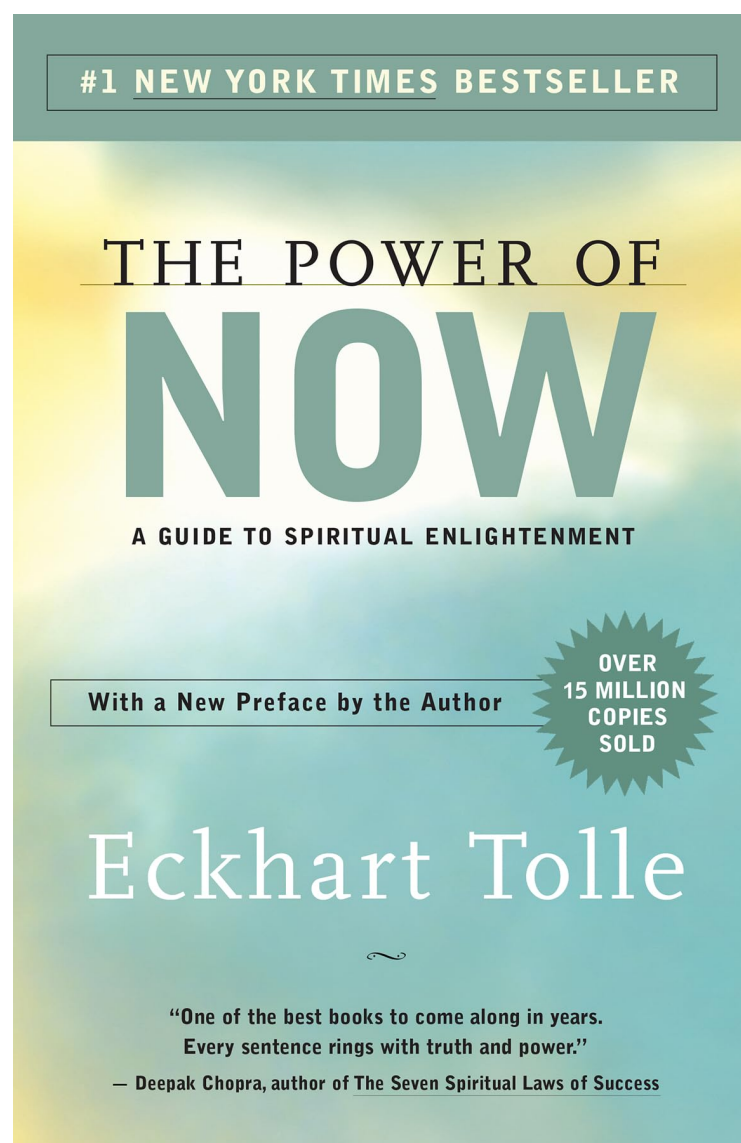
"Creative individuals are remarkable for their ability to adapt to almost any situation and to make do with whatever is at hand to reach their goals."



7. The Power of Now by Eckhart Tolle

The Power of Now by Eckhart Tolle is a spiritual self-actualization classic. The main ideas revolve around living in the present moment and differentiating the Ego and the Mind .

“Realize deeply that the present moment is all you ever have. Make the Now the primary focus of your life.”



8. A Brief History Of Everything by Ken Wilber

I could've put any book from Ken Wilber. I highly recommend checking his ideas if you are not familiar with Ken Wilber's work. A Brief History Of Everything is a good start. The wholistic, integral perspective explored in this book will change your life. You'll get a clear worldview. Things you knew deep down will finally become a whole picture.

Main Concepts:

- Holons: Everything in the universe is both a whole and a part—Wilber calls these "holons." Reality is structured as nested layers of complexity.
- Four Quadrants: Every event or phenomenon can be understood from four perspectives: interior individual (mind), exterior individual (body), interior collective (culture), and exterior collective (society).
- Human consciousness evolves through distinct stages—from archaic and magical to rational, pluralistic, and integral levels.
- The path forward is not rejection of past stages, but integration—honoring each level's contribution while transcending its limitations.
- Spiritual development is as natural and progressive as scientific advancement, and both can be integrated into a full understanding of reality.

