

Forum:[Hack Forums](#)

Thread: [The best book I've ever listened to \("motivational" book\)](#)

debian - December 18, 2019, 3:16 pm

If you're looking to improve your life, I really really recommend this book. I never read/listen to self-help or motivational books, but I was recommended this by a family member and was seriously wow'd by it.

The audiobook is about 5.5 hours, but I listened to about an hour at a time, simply because the information was so good I didn't want to fly through it (don't get me wrong, it's a book that will have you paying 100% attention and one could surely sit through the whole thing in one go).

I would listen for an hour in the morning and an hour at night to be able to take in all the good stuff.

Anyways. Here it is:

Atomic Habits by James Clear

Goodreads rating: 4.32

<https://www.goodreads.com/book/show/40121378-atomic-habits>

I made an mp3 of the audible audiobook if you're interested:

Spoiler ([Click to View](#))

https://mega.nz/#!NeJVlIBA!59ot4UK3_zQj0eunVxTJ24lwtaUybY9YDz5rluUyhM

Stork - December 18, 2019, 3:43 pm

Hmm thanks OP maybe I will listen to this on my 5 hr drive to my gf's parents for christmas on Saturday

Rally the Bulls - December 18, 2019, 4:28 pm

I'll check this out OP. Honestly, The Intelligent Investor changed my perspective on finances. Worth a read if you find the time.

SweeTs - December 18, 2019, 4:36 pm

Definitely gonna atleast give it a shot. Who couldnt use a little extra knowledge and motivation? :) THANKS OP

(Dec 18, 2019 05:28 PM)Rally the Bulls Wrote: [\[CITE\]](#) I'll check this out OP. Honestly, The Intelligent Investor changed my perspective on finances. Worth a read if you find the time. Im gonna have to look into this aswell, probably around the same time i set time aside and finally click on your sig ive been debating for ages now lol

Rally the Bulls - December 18, 2019, 5:18 pm

(Dec 18, 2019 05:36 PM)GMS SweeTs Wrote: [\[CITE\]](#) Definitely gonna atleast give it a shot. Who couldnt use a little extra knowledge and motivation? :) THANKS OP

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Lmao, it's free money. May as well. (:

AwakenGP - December 18, 2019, 7:04 pm

Thanks for the link! Ill listen when commuting to the gym

Slim - December 18, 2019, 9:12 pm

Might give it a read. Atomic Habits. Have you listened to How to Win Friends and Influence People?

HEISENPUG - December 18, 2019, 9:38 pm

(Dec 18, 2019 04:16 PM)debian Wrote: [CITE](#) If you're looking to improve your life, I really really recommend this book. I never read/listen to self-help or motivational books, but I was recommended this by a family member and was seriously wow'd by it.

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Sounds pretty interesting, Will give it a listen thanks sir. ?