

Forum:[Hack Forums](#)

Thread: [Any book recommendations for self improvement?](#)

Ivanka Trump - February 25, 2023, 4:59 am

Started recently picking up on reading books and I've been looking for specific books within the self improvement topic for a man.

As the title states, looking for book recommendations for self improvement such as Atomic habits or Outwitting the devil.

Any recommendations you've heard about or personal preferences are much appreciated.

Cheers.

Eran - February 25, 2023, 7:56 am

Currently reading "Obstacle Is The Course" by Ryan Holding. Definitely recommend.

Vibe - February 25, 2023, 7:58 am

I got the perfect ebook to better your self for just 8.99 you can be happy forever hmu

blackrose_x0x0 - February 25, 2023, 9:06 am

David Goggins' book Can't Hurt Me helped change my entire life. It was the only self-help book I've read that seriously motivated me to make real concrete changes in my life. The audiobook version is amazing as well.

Anyway, here is my list for you.Can't Hurt Me - David Goggins

Never Finished - David Goggins

Limitless - Jim Kwik

While not a self-help book, I also recommend reading The Alchemist by Paulo Coelho.

Ivanka Trump - February 25, 2023, 1:15 pm

(Feb 25, 2023 08:56 AM)Eran Wrote: [\[CITE\]](#) Currently reading "Obstacle Is The Course" by Ryan Holding. Definitely recommend.

Will check this one out, never heard of it before.

Thanks!

(Feb 25, 2023 10:06 AM)blackrosex0x0 Wrote: [\[CITE\]](#) David Goggins' book Can't Hurt Me helped change my entire life. It was the only self-help book I've read that seriously motivated me to make real concrete changes in my life. The audiobook version is amazing as well.

Anyway, here is my list for you.Can't Hurt Me - David Goggins

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While not a self-help book, I also recommend reading The Alchemist by Paulo Coelho.
David Goggins is amazing, I've read Can't Hurt Me and went through his new one Never Finished as a audiobook.
Definitely one of the best motivators out there imo. Haven't heard about The Alchemist one, will check it out.
Much appreciated.

Zalbai - January 26, 2024, 6:43 am

(Feb 25, 2023 05:59 AM)Ivanka Trump Wrote: [\[CITE\]](#) Started recently picking up on reading books and I've been looking for specific books within the self improvement topic for a man.

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Cheers.

I would recommend these books:

The 7 Habits of Highly Effective People – Stephen R. Covey

How to Win Friends & Influence People – Dale Carnegie

Rich Dad Poor Dad - Robert T. Kiyosaki

Dr34dm0nk3y - January 26, 2024, 8:48 am

The Subtle Art of Not Giving A Fuck & How to be Fucking Awesome by Mark Manson are really good reads.

Fuck Feelings: One Shrink's Practical Advice for Managing All Life's Impossible Problems is another good one.