

Forum:[Hack Forums](#)

Thread: [The Best Books You've Read Recently?](#)

Syndicate - October 21, 2024, 6:18 am

What are some of the best books that you've read recently? I've been into reading how to books and books on relaxation and how to calm down my anxiety. Self help books are sometimes really interesting. What have you been reading lately?

Cooligan - October 21, 2024, 6:20 am

Nothing new lately, but one of the last books I re-read was Breathing Underwater.

It was a great book back from high school days that stuck with me over the years.

Jinu - October 21, 2024, 6:42 am

I've recently been into books that help with mindfulness and personal development too. Some good ones include The Power of Now by Eckhart Tolle for staying present, and Atomic Habits by James Clear, which is great for building positive habits. If you're looking for something to ease anxiety, The Anxiety and Phobia Workbook by Edmund J. Bourne might also be worth checking out.

Chrome - October 21, 2024, 6:49 am

100% read How to win friends and influence of you haven't already.

Epic - October 21, 2024, 7:06 am

I'm nearly finished reading "The Hunger" trilogy by Jeremy Robinson. Super exciting read. I'll try not to spoil it, but it's Stephen King meets Michael Crichton. I would highly recommend it to anyone who likes adventure, thriller, or science fiction books.

RangoWorld - October 21, 2024, 7:16 am

Meditations by Marcus Aurelius. I believe this is one of the best self help books (If you wanna even call that).