Reading Guide: Bernard's Diverse Journey

January: Foundations of Productivity and Algorithmin thinking

- ***Book:*** **"Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear**
- ***Objective:*** **Start the year by cultivating effective habits and boosting productivity.**
- **Book:** "Algorithms to Live By: The Computer Science of Human Decisions" by Brian Christian and Tom Griffiths
- **Objective:** Explore the application of computer science algorithms to real-life decision-making, gaining insights into optimizing choices and problem-solving.

February: Physics and Wit

- ***Book:*** **"Surely You're Joking, Mr. Feynman!" by Richard P. Feynman**
- ***Objective:*** **Explore the fascinating life and humor of Nobel Prize-winning physicist Richard Feynman.**

March: Digital Revolution and Innovation

- ***Book:*** **"The Innovators: How a Group of Hackers, Geniuses, and Geeks Created the Digital Revolution" by Walter Isaacson**
- ***Objective:*** **Understand the history of technology and the pioneers who shaped it.**

April: Career Growth in Tech

- ***Book:*** **"The Coding Career Handbook: A Handbook for Tech Professionals to Thrive in Their Career" by Shawn Wang**
- ***Objective:*** **Gain insights into building a successful career in the tech industry.**

May: Mathematical Brilliance

- ***Book:*** **"The Man Who Knew Infinity" by Robert Kanigel**
- ***Objective:*** **Explore the life and mathematical contributions of Srinivasa Ramanujan.**

June: Harmony of Music

- ***Book:*** **"How Music Works" by David Byrne**
- ***Objective:*** **Dive into the art and science of music, understanding its cultural and technical aspects.**

July: Thrilling Space Exploration

- ***Book:*** **"The Martian" by Andy Weir**
- ***Objective:*** **Enjoy a gripping science fiction novel about survival on Mars.**

August: Stoic Reflections

- ***Book:*** **"Meditations" by Marcus Aurelius**
- ***Objective:*** **Reflect on timeless stoic wisdom and its application in daily life.**

September: Robust Data Systems

- ***Book:*** **"Designing Data-Intensive Applications: The Big Ideas Behind Reliable, Scalable, and Maintainable Systems" by Martin Kleppmann**
- ***Objective:*** **Understand the principles of designing reliable and scalable data systems.**

October: Philosophical Dialogues

- ***Book:*** **"The Republic" by Plato**
- ***Objective:*** **Explore philosophical discussions on justice, governance, and the nature of the soul.**

November: Mathematical Delight

- ***Book:*** **"The Joy of x: A Guided Tour of Math, from One to Infinity" by Steven Strogatz**
- ***Objective:*** **Take a delightful journey through various mathematical concepts.**

December: Reflections on Humankind

- ***Book:*** **"Sapiens: A Brief History of Humankind" by Yuval Noah Harari**
- ***Objective:*** **Reflect on the evolution of human societies and the impact of technology.**

Reading Rules for Bernard's Journey:

1. **Dedicated Time:** Set aside a specific time each day or week exclusively for reading. Consistency is key to making progress.
2. **Variety Matters:** Alternate between genres and subjects to keep your reading experience diverse and engaging.
3. **Note-Taking:** Keep a notebook or use digital tools to jot down key insights, quotes, and reflections as you read.
4. **Discussion Platforms:** Consider joining book clubs, online forums, or discussion groups related to the books you're reading. Share and exchange ideas with others.
5. **Active Engagement:** Engage actively with the material. Ask questions, challenge ideas, and relate the content to your own experiences.
6. **Reflect and Apply:** Take time to reflect on how the concepts from each book apply to your personal and professional life. Consider actionable steps based on your readings.
7. **Balance Complexity:** Mix challenging reads with lighter ones. It's okay to delve into complex topics, but balance them with more accessible books to avoid burnout.
8. **Explore Multimedia:** Supplement your reading with related podcasts, documentaries, or interviews to deepen your understanding of the subjects.
9. **Social Media Detox:** Consider limiting social media or other digital distractions during your dedicated reading time to foster a focused environment.
10. **Book Journaling:** Keep a journal specifically for your reading journey. Record your thoughts, emotions, and any changes in perspective induced by your readings.
11. **Revisit Favorites:** Don't hesitate to revisit your favorite books. Sometimes, a second or third reading can reveal new insights.
12. **Respect Your Pace:** Set realistic reading goals. It's more about the quality of your reading experience than the quantity of books finished.
13. **Integrate Learning:** Whenever possible, find ways to integrate the knowledge gained from your readings into your academic and coding projects.
14. **Celebrate Milestones:** Celebrate small milestones, such as completing a challenging book or reaching a certain number of pages. Treat yourself for your reading accomplishments.

I will keep a notebook specifically for each book and my journey with it

After each read, I will reflect and try and challenge and analyze concepts or AHA moments within the read and also list at least one applicative point I must apply in my life for the week , day or month

I will try to read for an hour each evening and three hours on the weekends

I must complete each book within the month it is specified

I will keep detailed notes and guides which I will use to write a journal or aticle about the book

If possible, I will compose a poem out of the lessons and concepts grasped