Top 7 Books For Self-Growth

A change can only be made from within when one’s willing. Such is the case with Self-Growth books, they are all about change. A change of habits, character traits, or your physical appearance – you name it. Self-help can be a tricky thing initially, but if you embrace it and stick with the process for the long run, it’ll yield great rewards. Changing yourself is a never-ending process. I have red hundreds of self-improvement books out of which some of them have given me incredible insights while others have been not so good. So, narrowing down my list of self-improvement books, here are the top 7 picks I think would have had a huge impact. The books in the list will be a great starting point for your self-growth journey.

1. Thinking, Fast and Slow by Daniel Kahneman

Written by a Nobel Prize winner for his amazing research conducted on decision making, what more can you expect from the book? He was the one who introduced the world towards cognitive science. Thinking Fast and Slow is a book of prose where Kahneman explains how our thinking is split into two systems: one fast and one slow. The fast one is actually our hardwired instincts, the remnants of our evolutionary past. Without them, we wouldn’t be able to remove our hand off a burning stove, nor to run away when we notice danger. It’s like our subconscious, not-so-rational, but still efficient machine. The other one is our evolutionary advantage. The self-reflexive, logical, deliberate path. The conscious path we have a lot of control over, however, it also calls for a lot of effort and concentration (which is why we tend to use it less often). In this book Kahneman explains in plain and simple words how these two systems work, how and why sometimes the slow system fails, and why often we don’t use the slow one properly. He backs these claims up by mind-blowing experiment results, teaching us how to make rational, logic-based judgements and gain the most out of both systems.

2. How to Win Friends and Influence People by Dale Carnegie

To summarize the title of the book it suggests looking after people egos. This happens after an important change in our everyday behavior, which consists of never criticizing, being genuinely interested in others, smiling, remembering the first name of the person we are speaking with, making them feel important, never telling them they are wrong, talking about our own mistakes before talking about theirs, motivating, sincerely complimenting, and generally always looking after their self esteem. According to the author is only a matter of 8 tips which changes the perspective of readers to look at people and relationships with them differently. I therefore recommend this book. It’s excellent, may change the way in which we look at human relationships and is easy to read.

3. Outliers by Malcolm Gladwell

In this stunning book, Malcolm Gladwell takes us on an intellectual journey through the world of "outliers"--the best and the brightest, the most famous and the most successful. He asks the question: what makes high-achievers different? The answer found in his book is that we pay too much attention to what successful people are like, and too little attention to where they are from: that is, their culture, their family, their generation, and the idiosyncratic experiences of their upbringing. Along the way he explains the secrets of software billionaires, what it takes to be a great soccer player, why Asians are good at math, and what made the Beatles this greatest rock band.

4. Getting Things Done by David Allen

Can’t manage time, no worries here’s the solution to your problems through David Allen. A unique approach to productivity and time-management based on years of experience and experimentation. People are rarely organized naturally. There are so many underlying processes that contribute to the success or failure of time management. This book is genuinely exceptional among self-development books, as it gives you a 100 percent accurate, effectively successful tried tips and guides on the most proficient method to snag your life.

5. The 7 Habits of Highly Effective People by Stephen R. Covey

Of course, it's easier said than done. Covey emphasizes that we must go through a paradigm shift. This book can be read as a guide, through exercises and all the steps to bring about such a change. Yes, part shock therapy and enduring spiritual wisdom, Covey's book is packed with wisdom that really makes a difference. And like I said, don't let the title of the book fool you. It doesn't just make it more effective. It is about becoming a holistic person who seeks the best not only for himself but also for those around him. It is a must read for anyone who feels he still has a lot to learn.

6. Think and Grow Rich by Napoleon Hill

Don’t let this book’s title fool you, while a lot of the text is related to becoming rich, it can help you succeed in any line of work and become anything you can imagine. This is perhaps the first explicit mention of the positive mindset of valuing not only the money in your pocket, but also the thoughts in your head. This self-help book has stood the ravages of time. It covers all the basics, from planning, decision-making, and persistence to more advanced techniques like autosuggestion, transformation, and what you can learn from your fears. This is not a get-rich-quick book, but a timeless guide to finding out what really matters. As we clearly state in the beginning, "Wealth is not always measured in money!"

7. Habit Stacking: 127 Small Changes to Improve Your Health, Wealth, and Happiness by Steve Scott

This book is a good read. As the title written suggests, the word habit stacking is all about developing small new routines by stacking habits. We all know how hard it can be to develop new habits. It takes a lot of commitment for new habits to incorporate and to take hold, it is a lot easier to create routines that will help us establish new habits. Basically, start by looking at the areas of your life you want to improve or achieve goals. For example, playing an instrument, writing a novel, getting more clients, improving relationships, lowering blood pressure, etc. Then compile 2-5 actions that you can easily do on a daily basis and become a part of your life to create a "habit stack". The book will allow you to discover 127 new habits through 127 small actions that can improve your life.