**De boekenkast**

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| **2020** | **Titel** | **Auteur** | **Thema/ ISBN** | **Thoughts** | **Rate** |
| **J**an | “Judas” | Holleeder, Astrid | Autobiographical, family, crime |  | **\*\*\*\*** |
|  | “Dagboek van een getuige”. | Holleeder, Astrid | Autobiographical, family, crime |  |  |
|  | “De mindful box”. | Dewulf, David | Mindfulness, art of living. . 107 blz. | Despite finding some insights truly eye-opening or helpful, I couldn’t tell you what those insights were… A need to re-read! | **\*\*\*\*** |
| Feb | “Maar je ziet er helemaal niet autistisch uit”. | Toeps, Bianca | Autism, female, autobiographical.  220 blz.  NUR 770, 863/W041902 |  | **\*\*\*\*\*** |
|  | “Een Asperger-relatie”. |  |  |  |  |
|  | “Running Buddha”. | Mipham, Sakyong | Running, mindfulness, meditation  978-90-259-0512-5. 193 blz. |  |  |
|  | “De edele kunst van not giving a fuck”. | Manson, Mark | Self realisation  978-94—005-0902-3. 222 blz. |  |  |
|  | “Sprakeloos”. | Beer de, Herma | Autism, female  978-90-78905-78-3. 163 blz. |  |  |
|  | “programmeren voor dummies”. | Wang, Wallace | Programming, code. 978-90-453-5545-0. 394 blz. |  |  |

**Niet gelezen**

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| **2020** | **Titel** | **Auteur** | **Thema/ ISBN** | **Thoughts** | **Rate** |
| Jan | Trainen met een hartslagmeter”. | Bosch van den, Paul | Running, pulse monitor, training. 9789044735567. 112 blz. | Too many books and too little time. |  |
| Feb | “Vraag jezelf vrij”. | Byron Katie | Self realisation 978-94-027-0103-6. 346 blz. | No time to read, was reserved | . |
|  | “De data-dictatuur”. | Brittany Kaiser | Data, online, security  978-94-027-0436-5. 406 blz. | No time to read, was reserved |  |
|  | “Allemaal autistisch”. | Breeuwsma, Gerrit | Autism, essay  9789088509032. 215 blz. | Scientificly written and too factual for my liking. Truth be told not enough time, too many books at hand already. ‘Cause not written ‘too dry’ |  |
|  | “Schrijven naar bewustzijn”. | Brown, Joey | 9789401304238/ 9789401304221. 255 blz. | Liked it at first until it got too spiritual for my liking. Maybe give it another go someday. |  |

**Eerder gelezen**

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| **2019** | **Titel** | **Auteur** | **Thema/ ISBN** | **Thoughts** | **Rate** |
|  | “Tribe of mentors”. | Ferriss, Timothy | Art of living, tips, succes. 9789022585733/  9789402313529. 560 blz. | Helpfull at first untill it becomes more of the same. Although all these people try to sleep enough, exercise and keep journals. That triggered me. | \*\*\* |
|  | “Live, love, run”. | Jong de, Annemerel | Running, female, | Bit too ‘funny’ written. Very well in covering all the topics new to a newbie runner. | \*\*\*\* |