**hoe\_math**

**BOOK RECOMMENDATIONS**

**DEVELOPMENTAL PSYCHOLOGY (LEVELS)**

**Ken Wllber**

A Theory of Everything

A Brief History of Everything

Integral Spirituality

Integral Psychology

Up from Eden

**Suzanne Cook-Greuter**

Ego Development: Nine Levels of Increasing Embrace

**Robert Kegan**

In Over Our Heads

**Beck, Cowan, Graves**

Spiral Dynamics

**Kazimierz Dąbrowski**

Positive Disintegration

**EMOTIONAL + SHADOW WORK**

**Eugene Gendlin**

Focusing

**Keila Shaheen**

The Shadow Work Journal

**Matthew Michletti, Ashley Cottrell**

The Inner Work

The Inner Work of Relationships

**MASCULINITY**

**Mark Manson**

Models: Attract Women Through Honesty

**Robert Moore, Douglas Gillette**

King, Warrior, Magician, Lover

**PERSUASION**

**Scott Adams**

Win Bigly

**PHILOSOPHY**

**Albert Camus**

The Stranger

**Arthur Schopenhauer**

**Friedrich Nietszche**

Beyond Good and Evil

**Immanuel Kant**

Critique of Pure Reason

Fundamental Principles of the Metaphysic of Morals

**Seneca**

On the Shortness of Life

**POWER**

**Robert Greene**

The 48 Laws of Power

**Niccolo Machivelli**

The Prince

**Dale Carnegie**

How To Win Friends and Influence People

**PSYCHOLOGY**

**Alex Korb**

The Upward Spiral

*(Using Neuroscience to Reverse the Course of Depression)*

**Joe Navarro**

What Every Body is Saying

**Kibeom Lee, Michael Ashton**

The H-Factor of Personality

**SOCIETY**

**Aaron Clarey**

A World Without Men

**J.D. Unwin**

Sex and Culture

(This explains my reasoning behind my video “Stuck”)

**SPIRITUALITY**

**Thich Nhat Hanh**

The Heart of the Buddha’s Teaching

**God**

The Bible

(especially [Proverbs 21:9](https://biblehub.com/proverbs/21-9.htm))