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52

BOOKS TO COMPLETELY TRANSFORM YOUR LIFE



Life is like a game. The only problem is no one tells you what the rules are, and they don't tell you all the moves your character can make. The **RIGHT** books are the secret hack to life that allows you to determine the rules and your character's abilities.

I've read hundreds of books myself, and from all the books I read, I created this list of the **52** most important books for radically expanding your worldview and perspective to maximize your understanding of the game of life.

I am **EXTREMELY** excited you decided to join me on this journey, but before we begin, let me tell you some of the rules:

- The books are organized into 10 categories. It's best if you read each of the books in one category at a time so that you get a deeper understanding of that particular category. You'll learn and retain the most by going **DEEP**.
- The goal is to read 1 book per week so that you read all 52 books in a year. Some books are long, and some are short, but if you dedicate 1-2 hours a day to reading, you should be able to get through the whole list in a year.
- I personally like to do most of my "reading" by listening to audiobooks on Audible. I listen to the books at around 3x speed while I'm running, and I do retain a huge amount of the information, but do whatever works for you. (If you want to try Audible out, [use this link](#) to get 2 free audiobooks when you sign up.)
- If you want to participate in the challenge, use the hashtag **#52bookchallenge** and tag **@bulldogmindset** in your posts, and I'll reshare or retweet them.
- Each of these books have been carefully selected. There is a reason for each book on this list. These aren't just my favorite books. This list is designed specifically to give you the **MAXIMUM** amount of transformation in a year's timespan.

The best way to retain information from a book you read is to use active recall to recall the things you've read shortly after reading. The best way to do this is to tell someone else what you've read. You can do this personally, through a blog post, video, or even just a book summary you write for yourself.

#52BOOKCHALLENGE

52 BOOK LIST

PRODUCTIVITY

- GETTING THINGS DONE
- DEEP WORK
- ULTRALEARNING
- THE WAR OF ART
- ESSENTIALISM
- THE 10X RULE
- ATOMIC HABITS

MINDSET

- BREAKING THE HABIT OF BEING YOURSELF
- WILLPOWER DOESN'T WORK
- THE COMPOUND EFFECT
- AS A MAN THINKETH
- PSYCHO-CYBERNETICS
- THINKING IN BETS

MASCULINITY

- THE WAY OF THE SUPERIOR MAN
- THE MASCULINE IN RELATIONSHIP
- THE WAY OF MEN
- NO MORE MR. NICE GUY
- THE RATIONAL MALE

PERSONAL GROWTH

- AWAKEN THE GIANT WITHIN
- THE COURAGE TO BE DISLIKED
- BOUNDARIES
- HOW I FOUND FREEDOM IN AN UNFREE WORLD
- MAN'S SEARCH FOR MEANING

SPIRITUAL DEVELOPMENT

- THE POWER OF NOW
- THE UNTETHERED SOUL
- THE BHAGAVAD GITA
- WAY OF THE PEACEFUL WARRIOR

MENTAL TOUGHNESS

- RELENTLESS
- MASTERY
- ANTIFRAGILE
- LIVING WITH A SEAL
- EXTREME OWNERSHIP
- THE OBSTACLE IS THE WAY
- SENECA'S LETTERS TO LUCILIUS

MONEY

- THE MILLIONAIRE FASTLANE
- RICH DAD POOR DAD
- \$100M OFFERS
- THE RICHEST MAN IN BABYLON
- THE MILLIONAIRE REAL ESTATE INVESTOR
- BASIC ECONOMICS
- THE BITCOIN STANDARD
- TAX FREE WEALTH

COMMUNICATION

- HOW TO WIN FRIENDS AND INFLUENCE PEOPLE
- NEVER SPLIT THE DIFFERENCE
- INFLUENCE: THE PSYCHOLOGY OF PERSUASION
- PITCH ANYTHING
- THE 48 LAWS OF POWER

DYSTOPIAN NOVELS

- 1984
- ATLAS SHRUGGED
- FAHRENHEIT 451

HEALTH AND FITNESS

- OUTLIVE: THE SCIENCE & ART OF LONGEVITY
- THE OBESITY CODE

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YOU CAN GET ALL THE BOOKS ON THIS LIST HERE:
[52 BOOKS TO COMPLETELY TRANSFORM YOUR LIFE \(AMAZON\)](#)



Hi, I'm John Sonmez the founder of Bulldog Mindset.

Bulldog Mindset is a company I created to help men completely transform their lives, just like I did.

Bulldog Mindset is about getting rid of the victim mindset and replacing it with taking personal responsibility to get back in **CONTROL** of your life.

We do this through the active application of stoic philosophy and by developing mental toughness by doing hard things—such as reading 52 books in a way.

If you want to find out more about Bulldog Mindset and my personal story, [you can read the full story here.](#)

Make sure you check your email for additional tips about how to read these books and to learn about why I selected the books I did on this list. If someone shared this list to you and you'd like to make sure you also get the emails, go to [bulldogmindset.com/52books to sign up.](http://bulldogmindset.com/52books)

