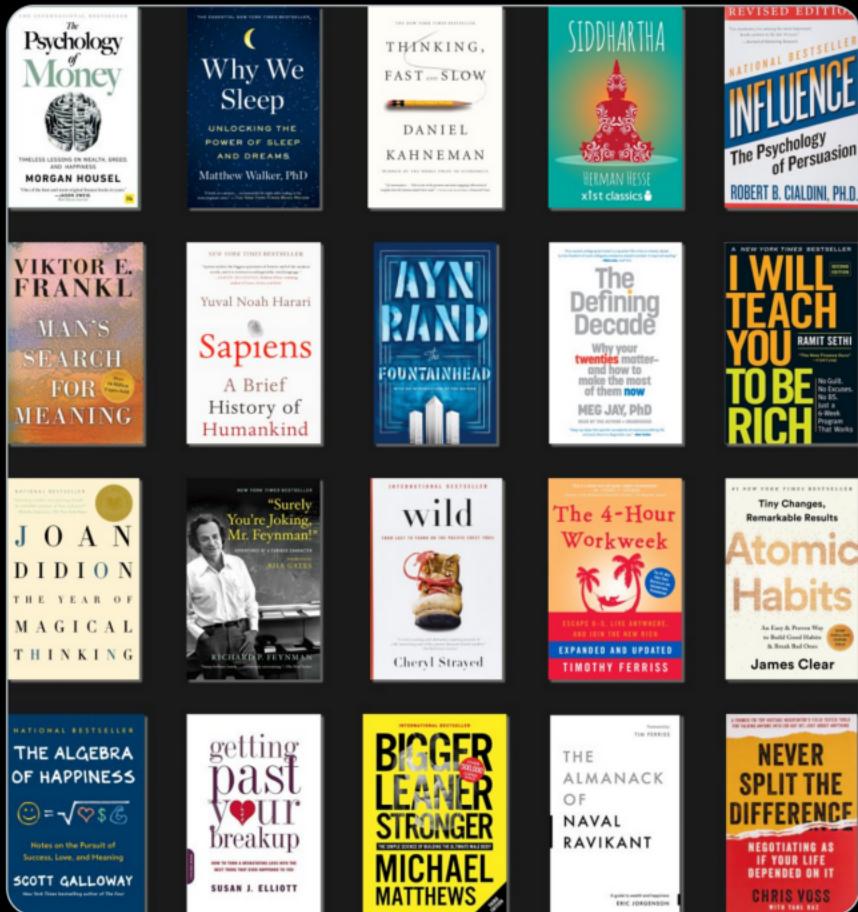




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20 books every person should read in their 20s:



9.7k Likes

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145 Replies

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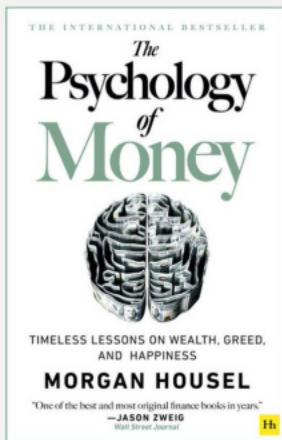
The Psychology of Money

by Morgan Housel

Subject: Personal Finance

Lessons:

- Wealth is unseen
- Savings = gap between your ego and income
- Luck cannot exist without risk
- Plan better; apply a margin of error
- Use your money to buy time



“Money’s greatest intrinsic value—and this can’t be overstated—is its ability to give you control over your time.”



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Sapiens: A Brief History of Humankind by Yuval Noah Harari

Subjects: History; Social Philosophy

Lessons:

- Humans invented money and writing to cooperate
- Globalism is making the world more peaceful
- Luxuries become necessities that create new obligations

NEW YORK TIMES BESTSELLER

"Sapiens tackles the biggest questions of history and of the modern world, and it is written in unforgettable vivid language."
—JARED DIAMOND, Pulitzer Prize-winning author of *Guns, Germs, and Steel*

Yuval Noah Harari

Sapiens

A Brief
History of
Humankind

“We did not
domesticate wheat.
It domesticated us.”

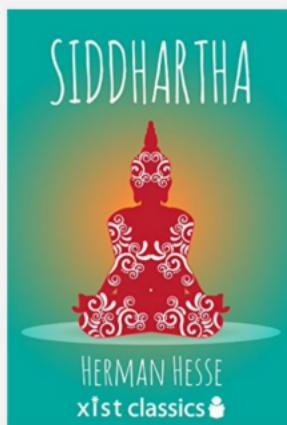
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Siddhartha by Hermann Hesse

Genre: Philosophical Fiction

Lessons:

- Learn to think, wait, & fast
- We give meaning to experiences (good or bad)
- Transform everything that happens to you into value
- Wisdom is earned by action
- Forge your own path to self-realization



“It is not for me to judge another man's life. I must judge, I must choose, I must spurn, purely for myself. For myself, alone.”



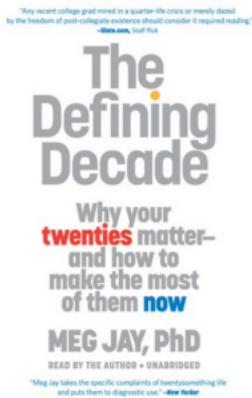
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The Defining Decade by Meg Jay

Subject: General Advice

Lessons:

- 30 is not the new 20. Make your 20s count
- Value people outside your close circle
- Exercise extreme care when choosing a life partner
- Early jobs influence long-term wage growth



“Forget about having an identity crisis and get some identity capital. Do something that adds value to who you are. Do something that's an investment in who you might want to be next.”

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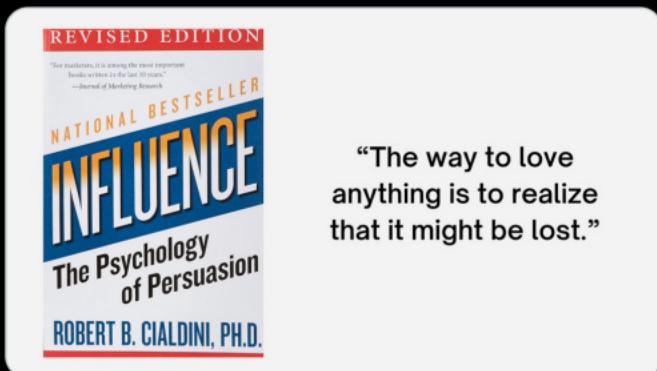
Influence

by Robert Cialdini

Subject: Psychology

Lessons:

- Learn the 6 principles of influence:
 1. Reciprocity
 2. Commitment/consistency
 3. Social proof
 4. Authority
 5. Liking
 6. Scarcity
- If someone is trying to manipulate you, label the principle to disarm them



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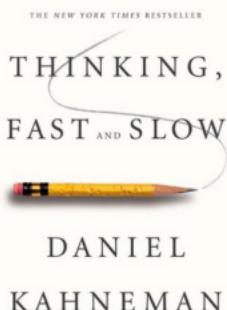
Thinking, Fast and Slow

by Daniel Kahneman

Subject: Psychology

Lessons:

- We think in two systems (1=automatic, 2=considered)
- The mind uses shortcuts to make decisions
- We often make emotional, not rational, decisions
- Learn to slow down; engage with System 2



“Nothing in life is as important as you think it is, while you are thinking about it.”

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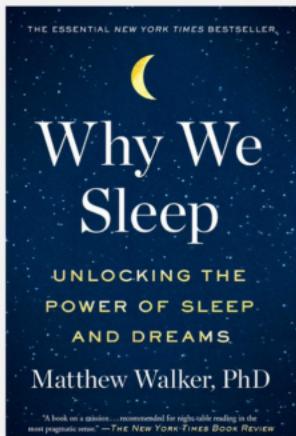
Why We Sleep

by Matthew Walker

Subject: Health & Wellness

Lessons:

- Sleeping 7-9 hrs daily influences happiness and elite performance
- Lack of sleep impacts mental health
- Value rest to become your best self
- Get science-backed tips for improving your sleep



“The best bridge between despair and hope is a good night’s sleep.”

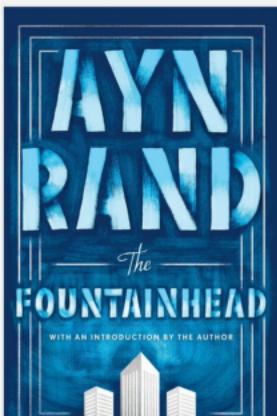
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Fountainhead by Ayn Rand

Genre: Philosophical Fiction

Lessons:

- Make decisions based on your moral code
- Think for yourself (ignore critics & mass opinion)
- To say I love you, one must know first how to say the 'I'
- Pursue a path that makes you beholden to nobody



[Dean] “My dear fellow,
who will let you?”

[Roark] “That’s not the
point. The point is, who
will stop me?”

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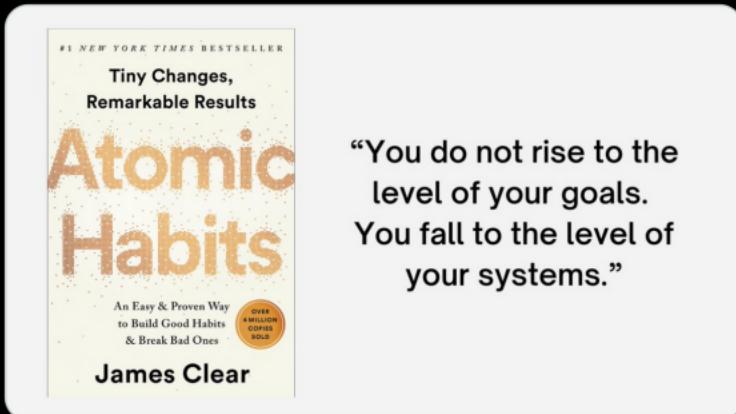
Atomic Habits by James Clear

Subject: Behavioral Change

Lessons:

- Small behavioral changes compound into big results
- 1% better daily = 37x improvement yearly
- 4 Laws to building a habit:

- 1) Make it obvious
- 2) Make it attractive
- 3) Make it easy
- 4) Make it satisfying



“You do not rise to the level of your goals.
You fall to the level of your systems.”

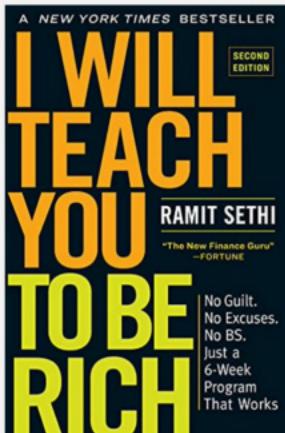
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I Will Teach You to Be Rich by Ramit Sethi

Subject: Personal Finance

Lessons:

- Get clear about your ‘Rich Life’
- Save and invest money before you ever see it
- Create an automated money system



“Spend extravagantly on the things you love, and cut costs mercilessly on the things you don’t.”



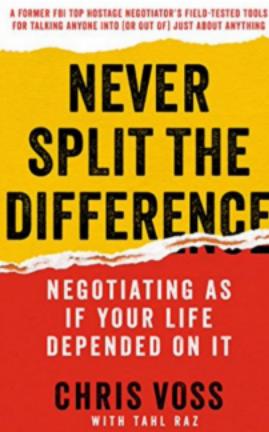
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Never Split the Difference by Chris Voss

Subject: Negotiation, EQ

Lessons:

- Prepare your best-alternative-option in advance
- Let your counterpart make the first offer
- Be prepared for extremes
- Ask open-ended questions



“He who has learned to disagree without being disagreeable has discovered the most valuable secret of negotiation.”

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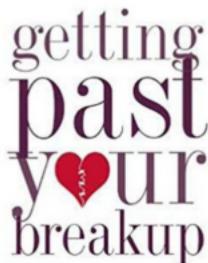
Getting Past Your Breakup

by Susan J. Elliott

Subject: Relationship

Lessons:

- Remember that love is an action
- Follow a policy of ‘no contact’ for self-care
- Learn the phases of grief and label them
- Post-breakup is an opportunity to change your life



SUSAN J. ELLIOTT

“You don't need answers or explanations to find closure. No matter what the loss, the closure comes from inside you.”

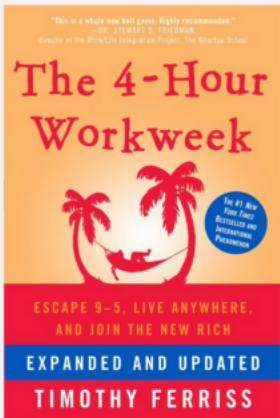
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The 4-Hour Workweek by Tim Ferriss

Subject: Entrepreneurship

Lessons:

- Join the ‘New Rich’ and practice lifestyle design
- How to escape the 9-5
- Build a ‘muse’ that earns money as you sleep
- Apply the 80/20 Principle to be maximally effective



“A person's success in life can usually be measured by the number of uncomfortable conversations he or she is willing to have.”

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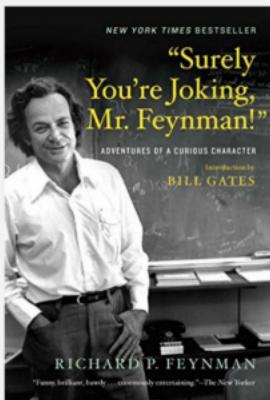
Surely You're Joking, Mr. Feynman!

By Richard Feynman (Nobel-prizewinning physicist)

Subject: Autobiography; Science

Lessons:

- Be outrageously curious
- The first rule: Don't fool yourself
- Apply the 'Feynman Technique' for deep learning/understanding



“You have no responsibility to live up to what other people think you ought to accomplish. I have no responsibility to be like they expect me to be. It's their mistake, not my failing.”

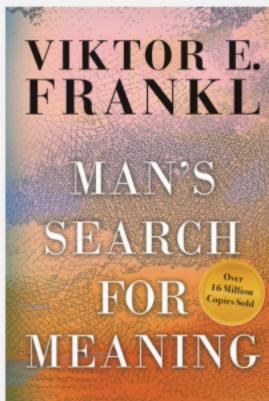
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Man's Search for Meaning by Viktor Frankl

Subject: Psychology

Lessons:

- Success (and survival) depends on our ability to find meaning in life
- A compelling ‘Why’ can push you through the toughest of circumstances



“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

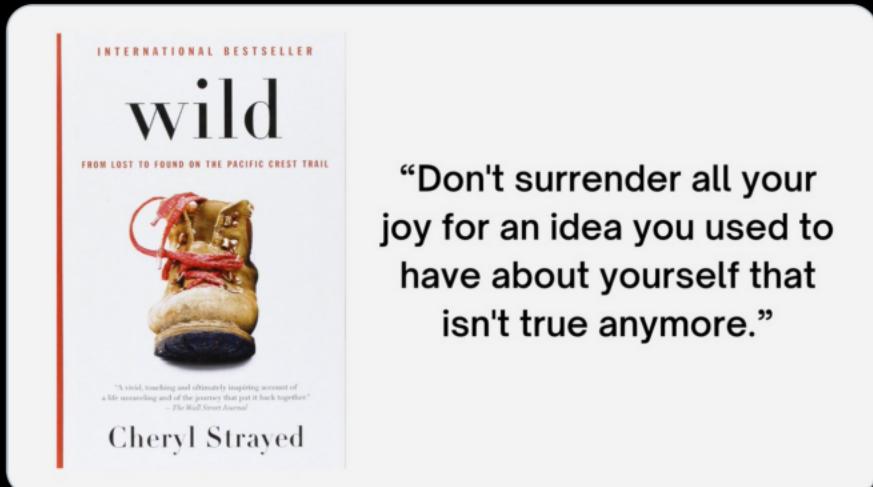
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Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed

Subject: Autobiography, Travel

Lessons:

- Pain is a catalyst to change your life for the better
- Fear is the story we tell ourselves
- Being a human in nature is intensely satisfying (do this more)



“Don't surrender all your joy for an idea you used to have about yourself that isn't true anymore.”

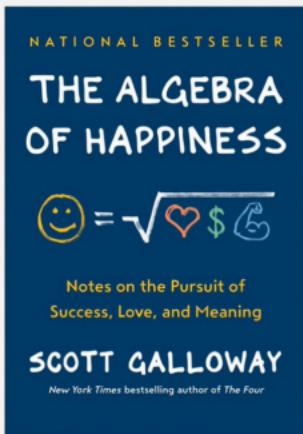
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The Algebra of Happiness by Scott Galloway

Subject: General Advice

Lessons:

- Work hard: Your 20s set your career trajectory
- Opportunity is a function of density. Pick an environment that's crowded with success
- If something is free and brings you joy, do more of THAT



“Nothing wonderful, I’m talking really fantastic, will happen without taking a risk and subjecting yourself to rejection. Serendipity is a function of courage.”

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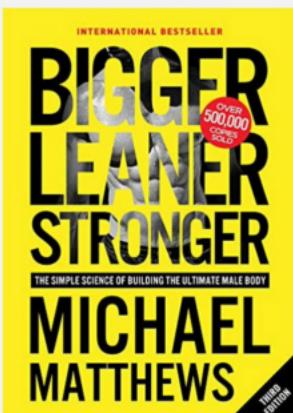
Bigger Leaner Stronger by Michael Matthews

(For women-specific advice, see ‘Thinner Leaner Stronger’)

Subject: Health & Wellness

Lessons:

- Follow a proven workout plan
- Emphasize heavy compound movements (squat, bench, deadlift, etc.)
- Track your sets and weight



“I believe that if you can create the body of your dreams, you have what it takes to create the life of your dreams as well.”

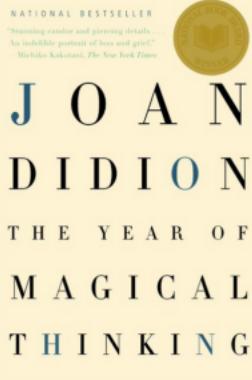
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The Year of Magical Thinking by Joan Didion

Subject: Memoir; Relationship

Lessons:

- Learn how to approach loss/grief
- Some things are outside your control
(accept this)
- Life goes on



“Read, learn, work it up,
go to the literature.
Information is control.”

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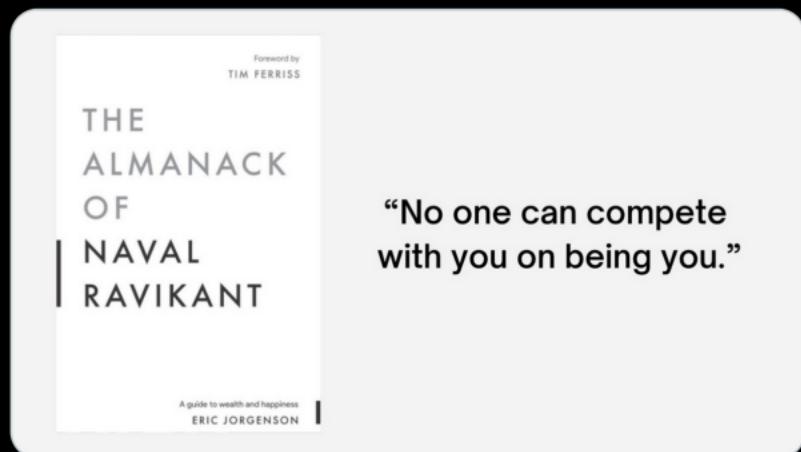
The Almanak of Naval Ravikant

by Eric Jorgenson

Subject: Health, Wealth, & Free Time

Lessons:

- Money and happiness are skills
- Productize yourself
- A good reputation is invaluable
- Play long-term iterated games, compound your growth
- And much, much more.



Thanks for reading!

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do you want to become one?



If so, you'll love my new course
Creator Method.



Ben Meer
Creator Method Instructor

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