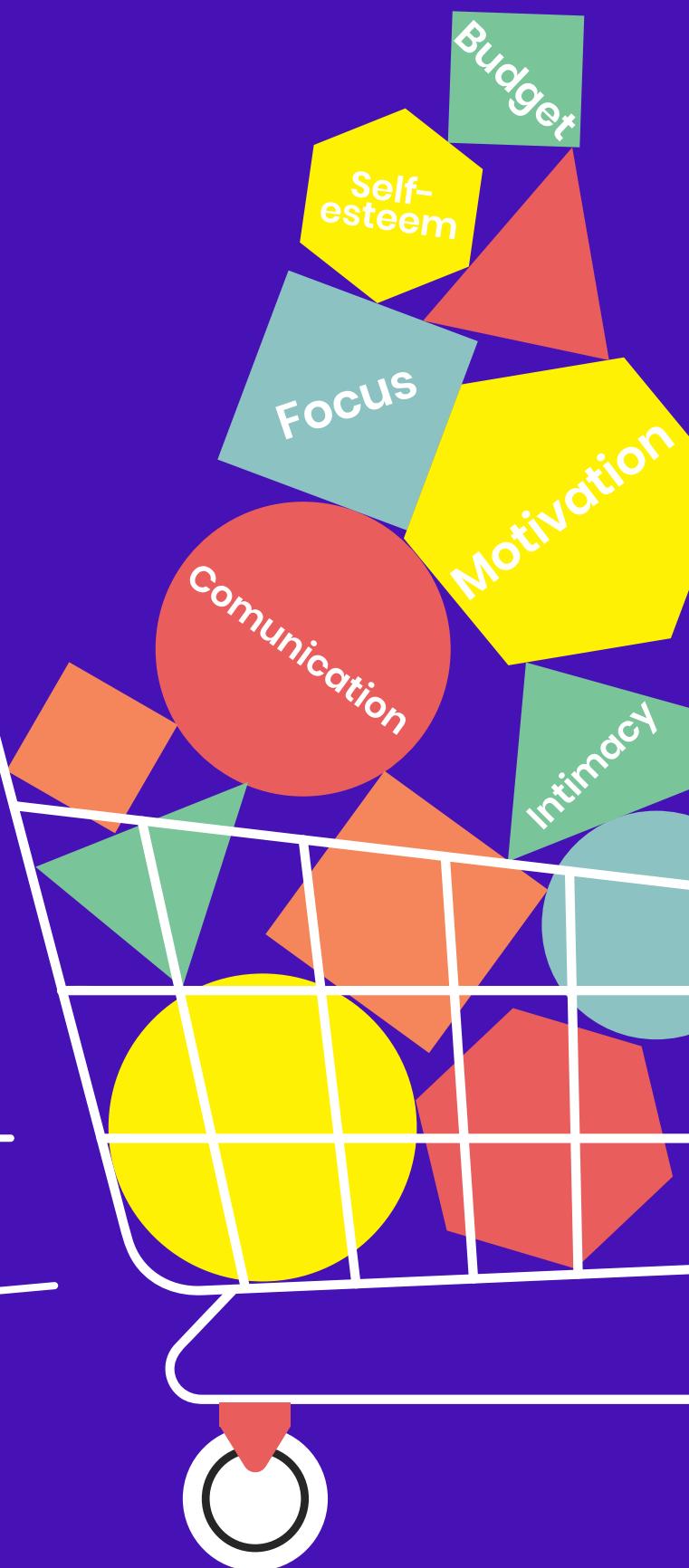


Self-Growth Plan



28 Day Personal Growth Plan

Your customized selection from over 1000+ summaries of nonfiction bestsellers

1		Mini Habits
2		The Miracle Morning
3		Thinking, Fast and Slow
4		Deep Work
5		The 5-Second Rule
6		Steal Like an Artist
7		Make Your Bed
8		How to Make People Like You in 90 Seconds
9		Talking to Strangers
10		How to Talk to Anyone
11		Act Like a Lady, Think Like a Man
12		5 Love Languages
13		She Comes First
14		He Comes Next
15		The 7 Habits of Highly Effective People
16		Rich Dad Poor Dad
17		Think and Grow Rich
18		4-Hour Workweek
19		How to Win Friends and Influence People in Digital Age
20		The 80/20 Principle
21		The No-Spend Challenge Guide
22		The How of Happiness
23		Subtle Art of Not Giving a F*ck
24		Declutter Your Mind
25		Feeling Good
26		How to Stop Worrying and Start Living
27		Guide to a Good Life
28		12 Rules For Life

Summary

A comprehensive 15-min abstract, that represents book's main ideas, facts, and advice.



You can mark your progress by filling checkboxes



Print This!

The easiest reader's guide ever



Follow this step-by-step plan to become better version of yourself in 28 days.

What do you have?



This personal plan on 15-min daily reads



Poster to download or print to track your success



28 summaries of the best books for your goals

What's the flow?

Check your plan on daily basis



Go and read book's tidbits in 15 minutes



Celebrate your progress!

What will you boost?

Week 1: Productivity

Get actionable tips and tricks to become a high-performer.

Week 2: Love & Sex

Dive into the secrets of successful social interactions.

Week 3: Money & Career

Get actionable tips and tricks to become a high-performer.

Week 2: Happiness

Discover clear and simple ways to kick-off.

What labels will help you?



represents you current progress



marks the skill you will boost after reading



points on book's key idea



introduce a word from the author

Ready!
Steady!
GO!



Mini Habits:

Smaller Habits,
Bigger Results

Stephen Guise

Read to boost

- ✓ Achieving result
- ✓ Positive-behavior
- ✓ Self-discipline
- ✓ Decision-making

What's in there for me?

"Mini Habits" will better equip you to change your life than 99% of the people you see walking around. A problem isn't with people – it's with their strategy on changing. You can achieve great things without the guilt, intimidation, and repeated failure. A mini habit is a very small positive behavior that you force yourself to do every day; a mini habit's "too small to fail" nature makes it weightless, deceptively powerful, and a superior habit-building strategy.



The Mini Habits strategy is forcing your self to take 1-4 small strategic actions every day. These actions are too small to fail and too small to skip for special occasions.



"Be the person with embarrassing goals and impressive results instead of one of the many people with impressive goals and embarrassing results."

GO!

and get it
in 15-min!



The Miracle Morning:

The not-so-obvious secret guaranteed to transform your life before 8am

Hal Elrod

Read to boost

- ✓ Self-discipline
- ✓ Time-management
- ✓ Motivation
- ✓ Self-esteem

What's in there for me?

What if you could miraculously wake up tomorrow and any — or every area of your life was transformed? What if there is a "not-so-obvious" secret that is guaranteed to transform any — or literally every area of your life, faster than you ever thought possible? That it would only take 6 minutes a day? Perhaps the simplest approach to creating the life you've always wanted this book has finally brought it to life.



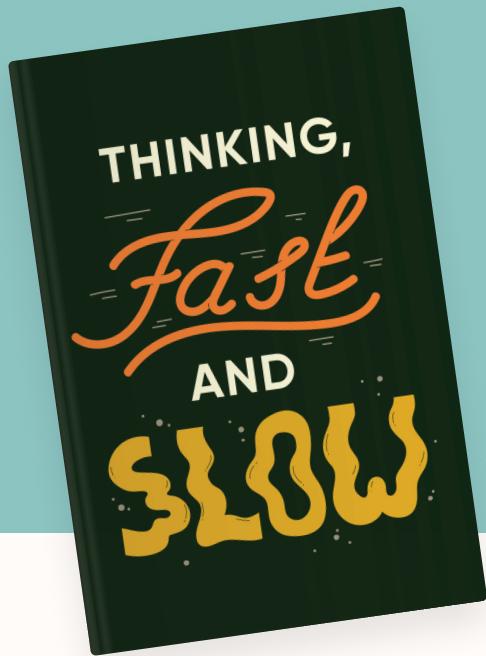
To take your personal and professional success to the level they've never been before, you have to be willing to commit at a level you've never been committed before.



"Your entire life changes the day that you decide you will no longer accept mediocrity for yourself."

GO!

and get it
in 15-min!



Thinking, Fast and Slow:

Daniel Kahneman

Read to boost

- ✓ Analyzing
- ✓ Decision-making
- ✓ Critical mindset
- ✓ Self-control

What's in there for me?

"Thinking Fast and Slow", by Nobel Prize winner Daniel Kahneman, is a book written to help people understand their brain and intuition. This read breaks down complex concepts on psychology and the inner-workings of the mind, making them accessible to anyone through practical application and examples. It will change the way that you make decisions and deal with bias. You would be surprised how little control we really have over our everyday thought process.



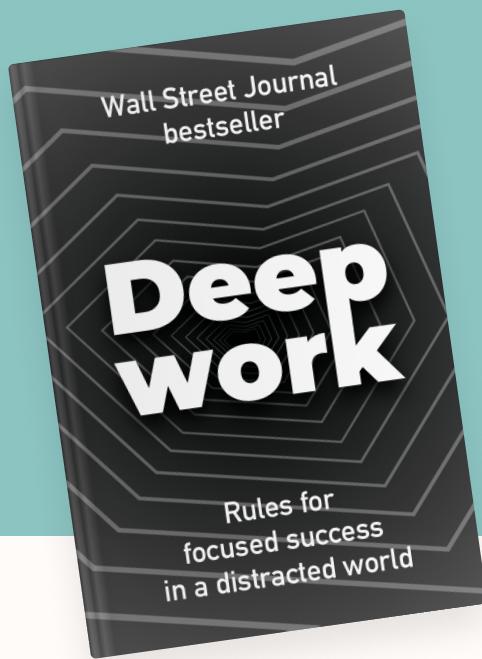
When you're confident about something, it doesn't mean it's 100% true: It only means that your brain has found it easy to process the information and jumps to conclusions.



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



GO!
and get it
in 15-min!



Deep Work:

Rules for focused success in a distracted world

Cal Newport

Read to boost

- ✓ Concentration
- ✓ Efficient learning
- ✓ Engagement
- ✓ Stress management

What's in there for me?

Deep work will make you better at what you do and provide a sense of true fulfillment that comes from craftsmanship. In short, deep work is like a superpower in our increasingly competitive 21-century. Professor Cal Newport makes the case that in almost any activity cultivating a deep work will produce massive benefits. And presents a rigorous training regimen, presented as a series of four “rules,” for transforming your mind and habits to support this skill.



Create routines to reduce the amount of willpower exerted when trying to transition into deep concentration.



“If you don’t produce, you won’t thrive — no matter how skilled or talented you are.”

GO!
and get it
in 15-min!



The 5-Second Rule:

Transform your life, work, and confidence with everyday courage

Mel Robbins

Read to boost

- ✓ Self-awareness
- ✓ Courage
- ✓ Speed
- ✓ Result-achieving

What's in there for me?

There's nothing like a life of confidence and courage. If you want to end the habit of procrastination, stop yourself from falling victim to fear and uncertainty and feel happier when you finally get to share your ideas, then this is just the right piece for you. Mel Robbins presents a simple and easy one-size-fits-all solution to the problem of holding yourself back. You will learn that the secret isn't knowing what to do but how to make yourself do it.

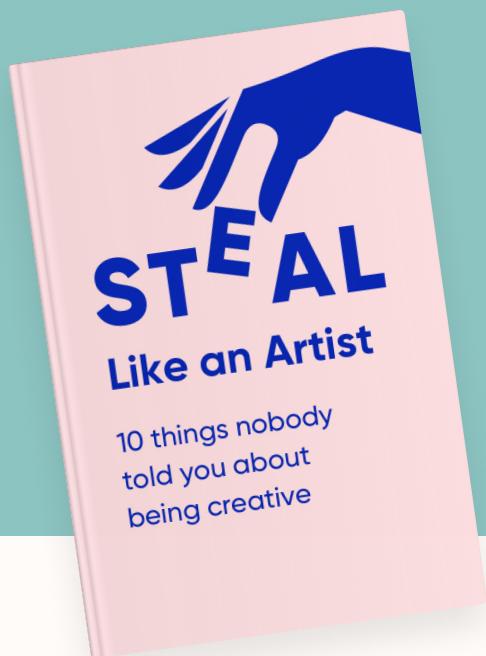


The idea that you have to be motivated before you do something is simply a myth.



"You can't control how you feel. But you can always choose how you act."

GO!
and get it
in 15-min!



Steal Like an Artist:

10 things nobody told you about being creative

Austin Kleon

Read to boost

- ✓ Creativity
- ✓ Researching
- ✓ Confidence
- ✓ Result-achieving

What's in there for me?

This legendary book will enable you to access the secret to making extraordinary art: theft. You don't have to be a guru, simply act naturally. That is the message from Austin Kleon. No artist makes their work in a vacuum: all art is affected by the art that preceded it. This review will show you how to "steal" from works made by your legends, and use it to make something new and interesting. It also gives important guidance on utilizing the internet to launch your profession, so others can enjoy your imagination!



Don't read or give attention to anything that cannot inspire you to form a new idea.



"You are, in fact, a mashup of what you choose to let into your life."

GO!
and get it
in 15-min!



Make Your Bed:

Little things that can change your life... and maybe the world

Admiral William H.
McRaven

Read to boost

- ✓ Self-esteem
- ✓ Collaboration
- ✓ Decision-making
- ✓ Self-discipline

What's in there for me?

If you want to change the world, start off by making your bed. Admiral William H. McRaven shared the principles he learned during Navy Seal training that helped him overcome challenges not only in his Naval career but also throughout his life. Anyone can use these basic lessons to change themselves — and the world — for the better. This book provides simple wisdom and practical advice that will inspire readers to achieve more, even in life's darkest moments.



Doing the first task of the day right is very important, it is something to be proud of, no matter how small the task.

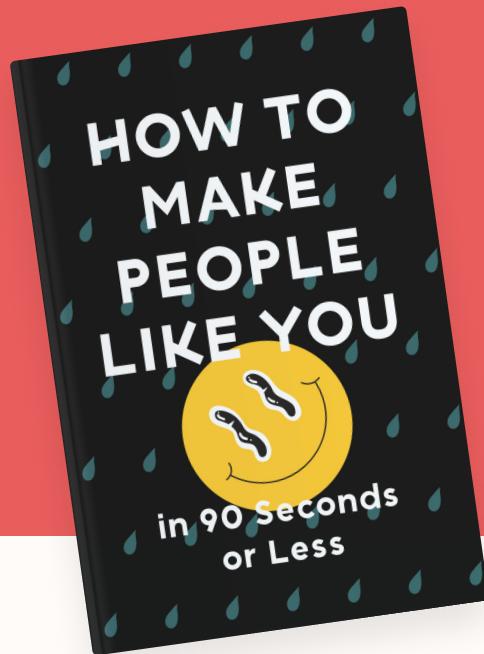


“You cannot paddle the boat alone. Find someone to share your life with.”

GO!
and get it
in 15-min!



You go,
smartie!



How to Make People Like You:

In 90 seconds or less

Nicholas Boothman

Read to boost

- ✓ First impression
- ✓ Face-to-face communication
- ✓ Rapport
- ✓ Self-presentation

What's in there for me?

In this read, Nicholas Boothman, a master of Neuro-Linguistic Programming, unveils the concept of synchrony — how you can synchronize your attitude, body language, and tone of voice in a way that makes you irresistibly likable to other people. Boothman explains the difference between open and closed body language, the power of communicating with what he calls a Really Useful Attitude, how to be an active listener, and how to identify and read the three most important sensory preferences.



Your likeability has very little to do with how good looking you are.



“If people like you, they feel natural and comfortable around you.“

GO!
and get it
in 15-min!



Talking to Strangers:

What we should know about the people we don't know

Malcolm Gladwell

Read to boost

- ✓ Sozialisation
- ✓ Integrity
- ✓ Win-win negotiation
- ✓ Objective thinking

What's in there for me?

How is it that meeting a stranger can sometimes make us worse at making sense of that person than not meeting them?

Malcolm Gladwell is a staff writer for "The New Yorker", former a business and science reporter at the "Washington Post." Gladwell explores different cases of misunderstanding strangers as a result of some deficiencies in our assessment of these strangers. Then, he suggests pragmatic ways of guiding against tendencies such as default to the truth, being holy fools, reading facial expressions wrongly, and making hasty generalizations.

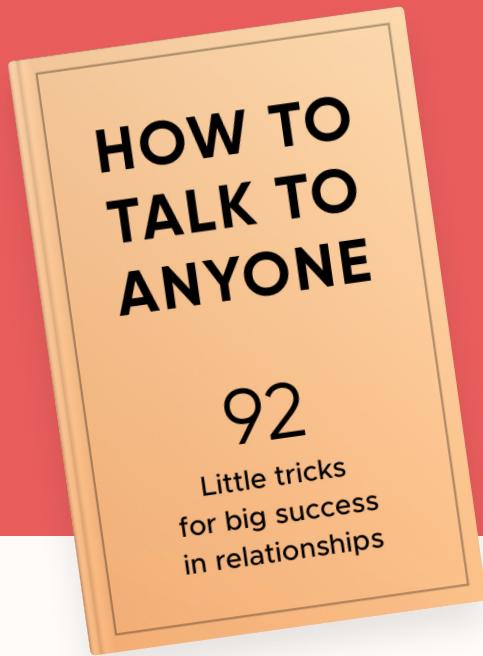


Context is everything!



"We think we can transform the stranger, without cost or sacrifice, into the familiar and the known, and we can't."

GO!
and get it
in 15-min!



How to Talk to Anyone:

92 little tricks for big success
in relationships

Leil Lowndes

Read to boost

- ✓ Deep conversation
- ✓ Phone-skills
- ✓ Self-confidence
- ✓ Public appearance

What's in there for me?

What is that magic quality that makes some people instantly loved and respected? Everyone wants to be their friend (or, if single, their lover!) In business, they rise swiftly to the top of the corporate ladder. Leil Lowndes has spent her career teaching people how to communicate for success. Here, Lowndes offers 92 easy and effective sure-fire success techniques used by the big winners in life.

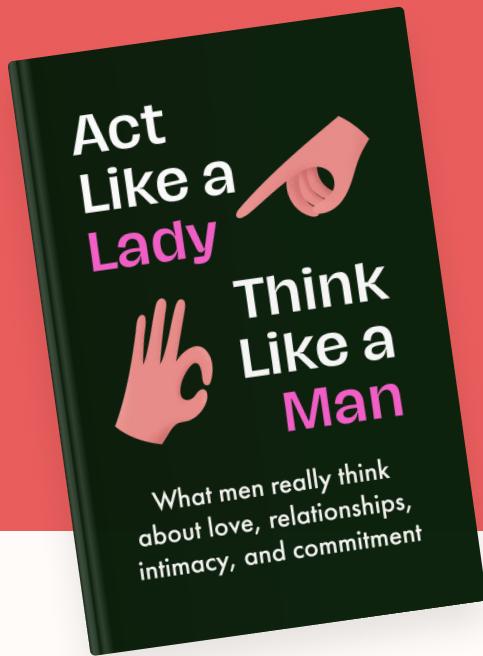


Big cats never ask,
“What do you do?”
they find a subtle way
to find out without asking
outright.

66

“Take consolation from
the fact that the brighter
the individual, the more he
or she detests small talk.”

GO!
and get it
in 15-min!



Act Like a Lady Think Like a Man:

What men really think about love, relationships, intimacy, and commitment

Steve Harvey

Read to boost

- ✓ Intimacy
- ✓ Self-esteem
- ✓ Credence
- ✓ Partnership

What's in there for me?

This piece by a famous comedian, radio, and television star Steve Harvey is a mind-blowing expedition into the thoughts of men everywhere when it comes to love and relationships. A book written by a man for women, it is packed and loaded with never-before known truths about the male approach to love. With this book, you can get back into the dating scene more confident than ever, knowing what men think while being prepared to handle whatever is thrown your way.



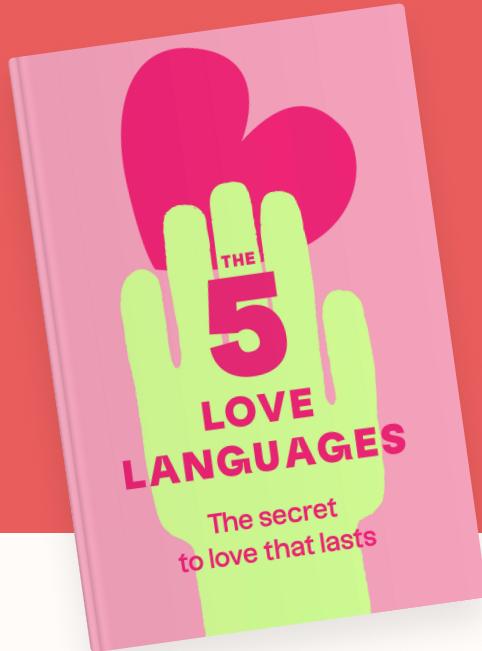
A man's love language is completely different from a woman's love language.

66

"Nothing on this planet can compare with a woman's love—it is kind and compassionate, patient and nurturing"

GO!

and get it
in 15-min!



The 5 Love Languages:

The secret to love that lasts

Gary Chapman

Read to boost

- ✓ Knowing yourself
- ✓ Agreement
- ✓ Emotions control
- ✓ Candor

What's in there for me?

Dr. Chapman has been counseling married couples for several years and he concluded that there are 5 emotional love languages which enable people to express love. The book is full of helpful advice that is applicable to any relationships no matter how long you two have been together. Moreover, it will help you to communicate right with all the people you are emotionally tied with, whether it is your siblings or your boss.



Once the love tank of a couple is full, other aspects of their relationship will take care of themselves.

66

“Forgiveness is not a feeling; it is a commitment.”

GO!
and get it
in 15-min!



She Comes First:

The thinking man's guide to pleasuring a woman

Ian Kerner

Read to boost

- ✓ Self-esteem
- ✓ Pleasuring a woman
- ✓ Happier Relationship
- ✓ Healthy sex life

What's in there for me?

Guys, it's time to learn a thing or two. "She Comes First" is your go-to guide to make your woman squirm with pleasure, helping you earn many a brownie point! This book will make you an expert in the art of cunnilingus, helping your partner hit the big O every single time. If you've struggled in the past, don't worry, by reading this book you're putting yourself on the fast track to success every single time. Easy to follow, humorous in places, and full of lightbulb moments, "She Comes First" is a must-read for considerate men everywhere!



The difference between the penis and the clitoris however is that the clitoris has no other function other than a center for pleasure.



"Most guys know more about what's under the hood of a car than under the hood of a clitoris"

GO!

and get it
in 15-min!



He Comes Next:

The thinking woman's guide to pleasuring a man

Ian Kerner

Read to boost

- ✓ Self-esteem
- ✓ Pleasuring a man
- ✓ Happier Relationship
- ✓ Healthy sex life

What's in there for me?

A helpful guide for women everywhere to thoroughly pleasing her man. This book seeks to disabuse the minds of women about the myths surrounding the things to do to maximize the pleasure involved in sexual intercourse. Ian Kerner, who is a sex counselor and psychotherapist, weighs in on a very sensitive topic that has left many men unsatisfied sexually and otherwise.

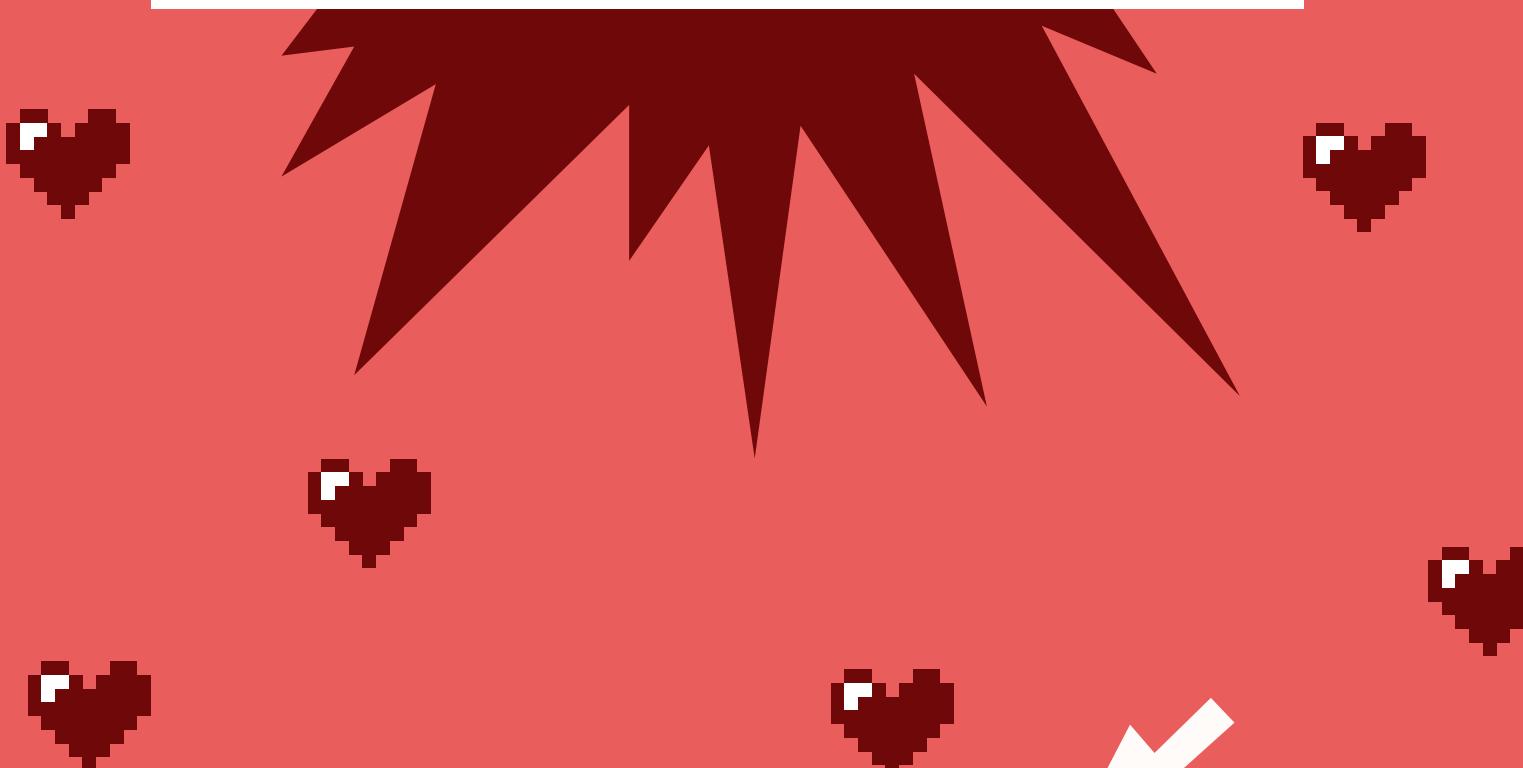
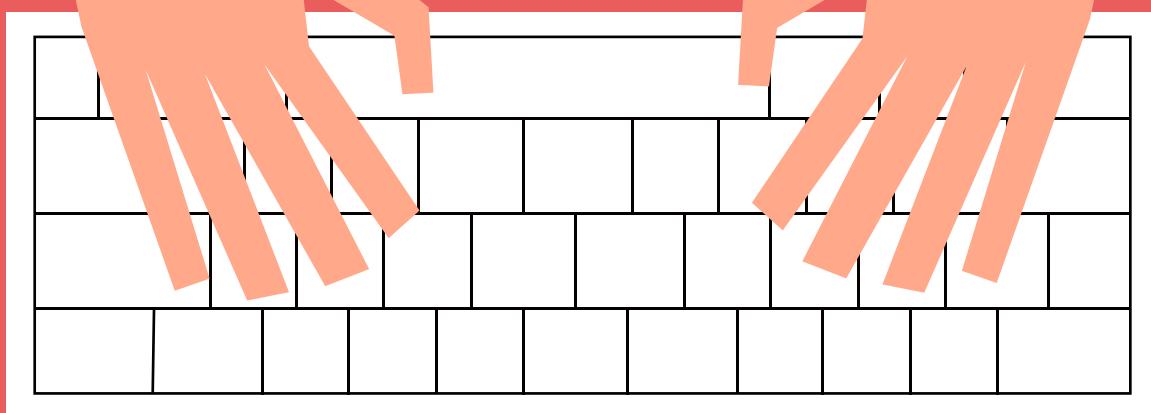


The secrets of the penis is that its arousal stems from the brain and not physical stimulation.

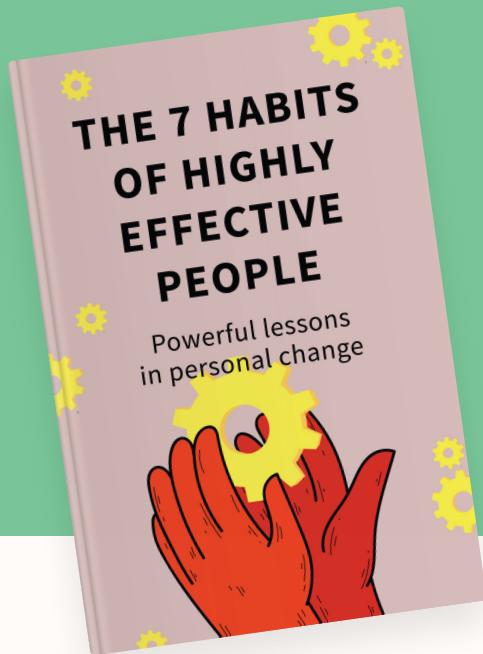


Unless you want your words to send him into battle, have a sex talk with him while taking a walk or drive.

GO!
and get it
in 15-min!



Now you're a
superstar at
communication!



The 7 Habits of Highly Effective People:

Powerful lessons
in personal change

Stephen R. Covey

Read to boost

- ✓ Proactivity
- ✓ Goal-setting
- ✓ Communication
- ✓ Leadership

What's in there for me?

Named the #1 Most Influential Business Book of the Twentieth Century. Stephen Covey published “The 7 Habits of Highly Effective People” in 1989, and this book has changed the self-improvement world for better ever since. The behavior principles explained in this read are of high value to anyone looking for success in family, career, or other areas of their life. You will learn good habits and beneficial tips for your professional and personal communication.

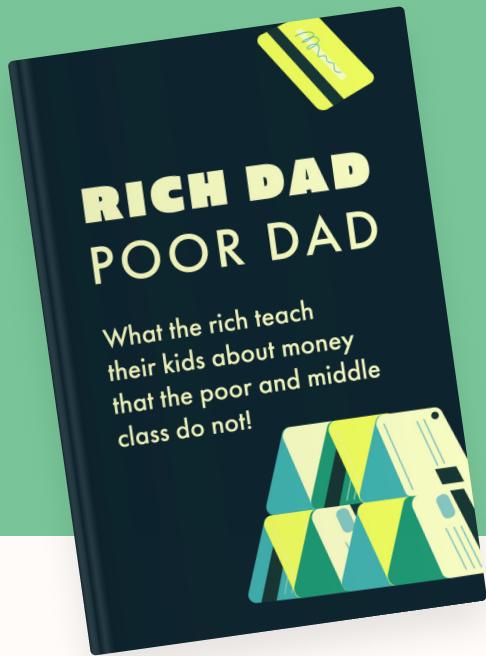


You need to seek first to understand, then to be understood in order to come up with win-win solutions.



“To change ourselves effectively, we first had to change our perceptions.”

GO!
and get it
in 15-min!



Rich Dad Poor Dad:

What the rich teach their kids about money that the poor and middle class do not!

Robert T. Kiyosaki

Read to boost

- ✓ Personal Finance
- ✓ Investing
- ✓ Self-Motivation
- ✓ Career Goals

What's in there for me?

Amazon's #1 in Personal Finance & Investing "Rich Dad Poor Dad" is Robert's story of growing up with two dads. His real father and the father of his best friend, his "rich dad" — and the ways in which both men shaped his thoughts about money and investing. This legendary book explodes the myth that you need to earn a high income to be rich and explains the difference between working for money and having your money work for you.



Did you know?
There is a difference
between being poor
and being broke.
Broke is temporary.
Poor is eternal.



"The single most powerful asset we all have is our mind. If it is trained well, it can create enormous wealth in what seems to be an instant."

GO!
and get it
in 15-min!



Think and Grow Rich:

The original version,
restored and revised

Napoleon Hill

Read to boost

- ✓ Bold attitudes
- ✓ Self-awareness
- ✓ Decision-making
- ✓ Goal-achieving

What's in there for me?

In the pursuit of riches, most people fall by the wayside. The reason? They haven't developed the right mindset to reach their goals. If this sounds like a familiar situation, "Think & Grow Rich" is about to revolutionize your life. No more procrastination, no more fear, no more failed attempts, and simply unwavering belief and faith that you will achieve your goal. The ironic thing? By following the steps in this book, you will achieve whatever you want!

Still within "BusinessWeek Magazine's" TOP-15 bestsellers, 65 years after its publishing date, "Think & Grow Rich" is one of the most crucial reads you'll ever need to attract lasting success your way.



If you give up, how can you be sure that you didn't miss out on something amazing?



"Whatever the mind can conceive and believe, it can achieve."

GO!

and get it
in 15-min!



The 4-Hour Workweek:

Escape 9-5, live anywhere, and join the new rich

Timothy Ferriss

Read to boost

- ✓ Ownership
- ✓ Task management
- ✓ Cooperation
- ✓ Financial awareness

What's in there for me?

If you could leave the 9-5 rat race, retire faster than you ever thought possible, and have the time and financial freedom to travel the world, how would your life and relationships change? “The 4-hour Workweek” is a terribly practical handbook on creating the lifestyle you want — and deserve. No theories. No B.S., strictly practical information. You'll be learning from Tim Ferriss himself — the man who went from earning \$40,000 per year working 80 hours a week to earning \$40,000 monthly with 4-hour workweeks.



The New Rich don't concentrate on becoming the boss or employee. Their goal is to become the owner and have others work for them.



“Outside of science and law, all rules can be bent or broken, and it doesn't require being unethical.”

GO!

and get it
in 15-min!



How to Win Friends and Influence People in Digital Age:

Dale Carnegie

Read to boost

- ✓ Salesmanship
- ✓ Business negotiation
- ✓ Small Talk
- ✓ Personal Branding

What's in there for me?

Dale Breckenridge Carnegie is an American writer and lecturer and the developer of famous courses in self-improvements. Originally published in 1936, "How to Win Friends & Influence People" is one of the most timeless and iconic books of a lifetime, a book that has changed the lives of millions. If you crave the secrets to friendship and business influence, you're about to be enlightened. Through the expert words of Dale Carnegie, remastered for this, the most digital of ages, be ready to have your eyes firmly opened. Success awaits!

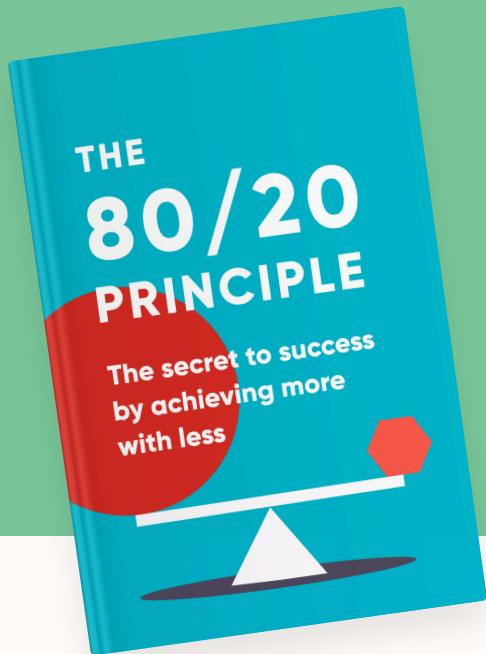


In business, listening is vital. Do you know how to really listen?



"Instead of condemning people, let's try to understand them. Let's try to figure out why they do what they do."

GO!
and get it
in 15-min!



The 80/20 Principle:

The secret to success
by achieving more with
less

Richard Koch

Read to boost

- ✓ Result focusing
- ✓ Goals setting
- ✓ Personal effectiveness
- ✓ Confidence

What's in there for me?

Do you find yourself continually working hard, putting in all the efforts in life and business — and still things are not changing? It's because you're channeling your energy in the wrong direction. "The 80/20 principle" teaches that there is an imbalance in nature: Only a few things influence the majority of things. It's the biggest secret to super achievement. This read will show you how to identify the very few things that can turn your life and career around.

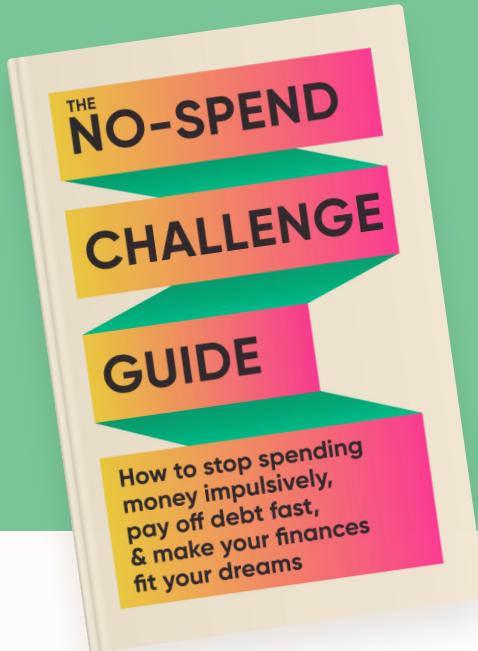


Would you choose more profit, productivity and effectiveness over mediocrity? Of course you will. You're human, and it's in our DNA to desire being the best of ourselves.



The way to create something great is to create something simple.

GO!
and get it
in 15-min!



The No-Spend Challenge:

How to stop spending money impulsively, pay off debt fast, & make your finances fit your dreams

Jen Smith

Read to boost

- ✓ Budgeting
- ✓ Cutting overspending
- ✓ Conscious buying
- ✓ Hoarding

What's in there for me?

Do you spend money impulsively and not know how to stop? Are you drowning in so much debt that you are on the road to depression? Do you fail at budgeting every time you try? Embrace those emotions. You're with the right read. Jen Smith, the author of this guide and the creator of the debt freedom blog Saving With Spunk, went from not being able to stick to a budget longer than two weeks, to pay off \$78,000 of debt in less than two years. How did she do this? Read up to find out how you can too.



Pick out some particular things that you won't be spending money on. Think of the things you'd gain from not spending that money.

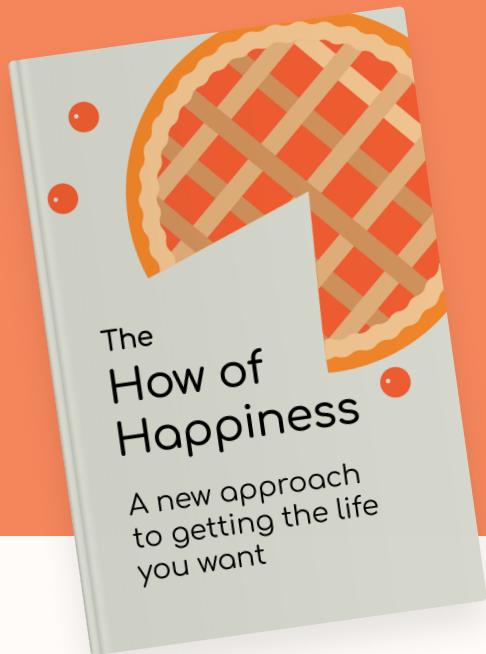


"Sometimes you minimize your accomplishments. But you should acknowledge every win."

GO!
and get it
in 15-min!



Good job!
Now, go and get
what you want!



The How of Happiness:

A new approach to getting the life you want

Sonja Lyubomirsky

Read to boost

- ✓ Positive thinking
- ✓ Self-discovering
- ✓ Mental calmness
- ✓ Inner energy

What's in there for me?

Sonja Lyubomirsky is a professor of psychology at the University of California, whose research has gotten a multiyear grant from the National Institute of Mental Health. She offers a roadmap for becoming happier and shares surefire tips for remaining so for life. This read spurs you to step back and consider your assumptions about how to become a happier person. It will help you understand that becoming happy is possible, and it is in your power to do it yourself.



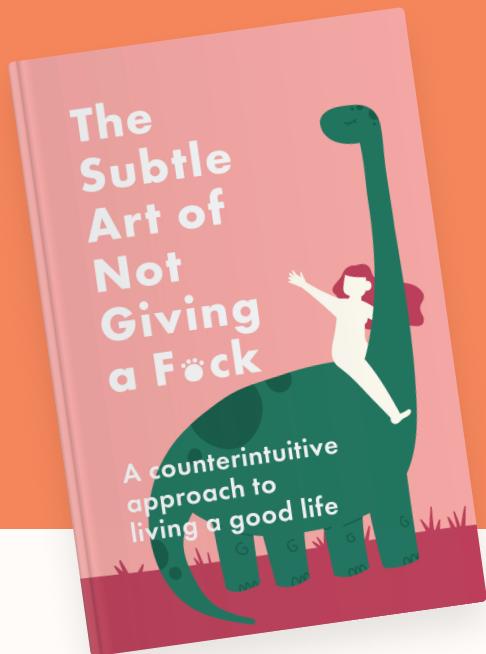
Your mind is your biggest asset in your quest for happiness.



“Happiness is not out there for us to find. The reason that it’s not out there is that it’s inside us.”

GO!

and get it
in 15-min!



The Subtle Art of Not Giving a F*ck:

A counterintuitive approach to living a good life

Mark Manson

Read to boost

- ✓ Acceptance
- ✓ Self-reliance
- ✓ Responsibility
- ✓ Self-awareness

What's in there for me?

Do you always feel stuck because you don't seem to make valuable progress, despite knowing various ways of accomplishing the same thing? Knowledge is the bane of the 21st century. It's easy to get caught up in a web of knowledge and become confused as to how you can move your life forward. Mark Manson will teach you the art of not giving a f*ck about the things that don't bring you joy and happiness. And, how you can set positive values around your success.

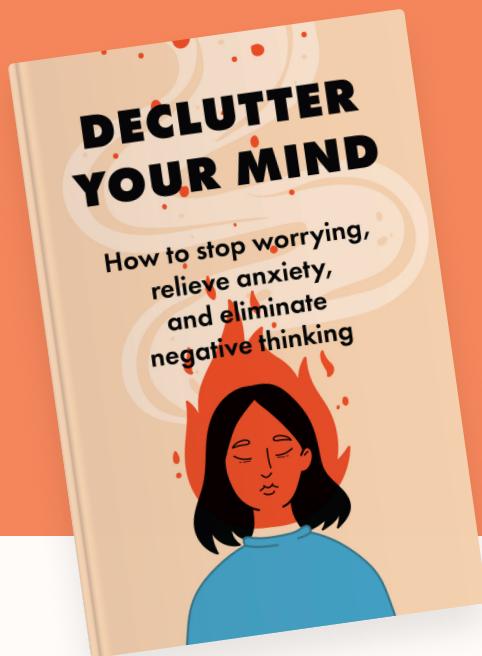


In life, not giving a f*ck is absolutely impossible. You have to give a f*ck about something, but you have to choose it right.



“To be happy we need something to solve. Happiness is therefore a form of action”

GO!
and get it
in 15-min!



Declutter Your Mind:

How to stop worrying,
relieve anxiety, and eliminate
negative thinking

S.J. Scott

Read to boost

- ✓ Exit overthinking
- ✓ Meditation
- ✓ Stress relief
- ✓ Emotions control

What's in there for me?

Are you guilty of constant overthinking which regularly ruins your day? Do you find yourself on a hamster wheel of thoughts, dictating your actions? Does everything seem overwhelming and just too much? If so, the answer is about to come your way! Bestselling authors S J Scott and Barrie Davenport give you all the answers, and much more! By following the advice and exercises from this read, you will be on the fast track towards peace and serenity.



Everyone has negative thoughts sometimes, it's impossible to expect to go through life in a constant bubble of positivity — this isn't a Disney movie!



“Your mind is the basis of everything you experience and of every contribution you make to the lives of others.”

GO!
and get it
in 15-min!



Feeling Good:

The new mood therapy

David D. Burns

Read to boost

- ✓ Common sense
- ✓ Mastering emotions
- ✓ Anger control
- ✓ Anxiety relief

What's in there for me?

How can you enhance your happiness and self-esteem?

David D. Burns, M.D. is one of the top prime developers of Cognitive Therapy at the University of Pennsylvania. Dr. Burns presents, in simple language, innovative and effective methods for altering painfully depressed moods and reducing debilitating anxiety. "Feeling Good" should prove to be an immensely useful step-by-step guide for people who wish to help themselves.



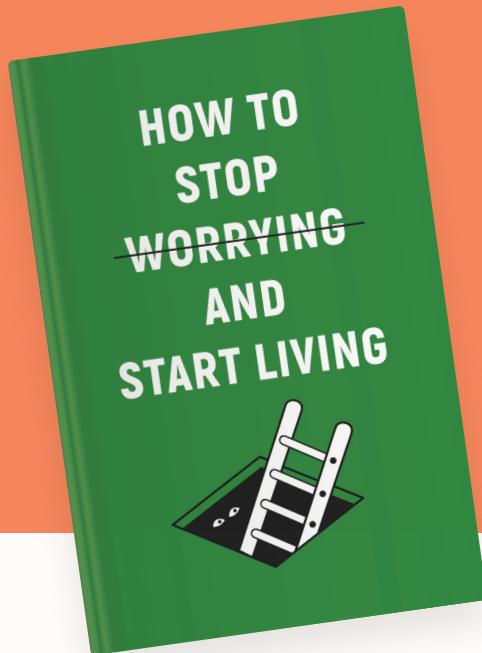
The key to emotional enlightenment is the knowledge that only your thoughts can affect your mood.

66

"Much everyday anger results when we confuse our own personal wants with general moral codes."

GO!

and get it
in 15-min!



How to Stop Worrying and Start Living:

Dale Carnegie

Read to boost

- ✓ Self-care
- ✓ Peace of mind
- ✓ Focusing
- ✓ Healthy attitudes

What's in there for me?

Worry and anxiety are some of the most prevalent problems in the modern world. Did you know worry can give you a fatal stomach ulcer? It's true! If you're a chronic worrier, it's time to take action. The wise words of Dale Carnegie, world-famous author of countless bestselling books will help you revolutionize the way you think about worry, giving you the tools to banish it from your life forever. With an army of followers all now living worry-free, surely it's time you joined their ranks?



Stay busy, keep making plans and following them through, and you won't have space in your brain for worries.



"Let's not allow ourselves to be upset by small things we should despise and forget. Remember "Life is too short to be little."

GO!
and get it
in 15-min!



A Guide to the Good Life:

The ancient art of stoic joy

William B. Irvine

Read to boost

- ✓ Stoicism
- ✓ Appreciation
- ✓ Tranquillity
- ✓ Self-denial

What's in there for me?

For a majority of us, one of our greatest fears is that we will discover at the end of it all that we have wasted our life. This read presents Stoicism in a rather interesting light, showing how this ancient philosophy can still direct us toward a better life. Drawing on the psychological insights and the practical techniques Stoicism, A Guide to the Good Life gives a roadmap for anyone seeking to avoid the feelings of chronic dissatisfaction that troubles so many of us.



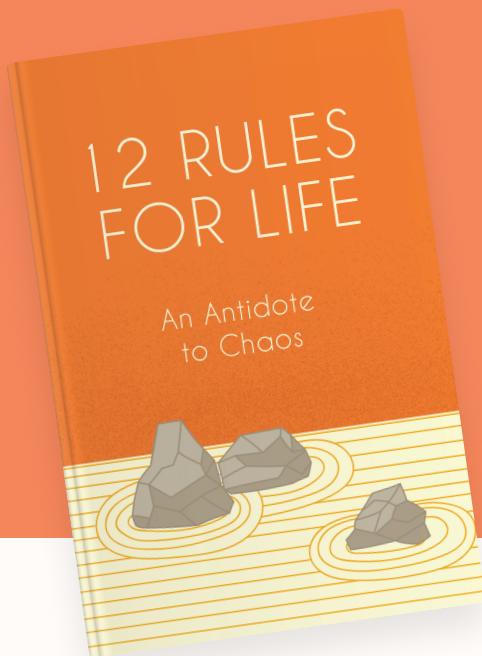
Lack of self-control and impulsiveness are the root cause of discontentment.



“The easiest way for us to gain happiness is to learn how to want the things we already have.”

GO!

and get it
in 15-min!



12 Rules For Life:

An antidote
to chaos

Jordan B. Peterson

Read to boost

- ✓ Discipline
- ✓ Friendship
- ✓ Self-control
- ✓ Inner freedom

What's in there for me?

What does everyone in the modern world need to know?

Renowned psychologist, self-help writer, and professor of psychology at the University of Toronto, Jordan B. Peterson's answer to this most difficult of questions. Humorous, surprising, and informative, Dr. Peterson journeys broadly, discussing discipline, freedom, adventure, and responsibility, distilling the world's wisdom into 12 practical and profound rules to live by.



A hurricane is an act of God.
But failure to prepare, when
the necessity for preparation
is well known – that's sin.

66

“When you have
something
to say silence
is a lie.”

GO!
and get it
in 15-min!



Hooray!
You've got
the power to make
yourself happier!