

Title	Author				
The Making of a Therapist	Louis Cozolino				
Building a Bridge to the 18th Century	Neil Postman				
Four Thousand Weeks	Oliver Burkeman				
Range	David Epstein				
The Glass Cage	Nicholas Carr				
Everything I Know About Love	Dolly Alderton				
Amusing Ourselves to Death	Neil Postman				
Authentic Happiness	Martin Seligman				
The Happiness Hypothesis	Jonathan Haidt				
Born Standing Up	Steve Martin				
Attention	Casey Schawrtz				
Technopoly	Neil Postman				
How Proust Can Change Your Life	Alain de Botton				
Profiles in Ignorance	Andy Borowitz				
Someone Who Will Love You in All Your Damaged Glory	Raphael Bob-Waksberg				
Sick in the Head	Judd Apatow				
Sicker in the Head	Judd Apatow				
Thinking, Fast and Slow	Daniel Kahneman				
I Found This Funny	Judd Apatow				
The Victorian Internet	Tom Standage				
Wherever You Go There You Are	Jon Kabat-Zinn				
When Breath Becomes Air	Paul Kalanithi				
Comedy Bang! Bang!	Scott Aukerman				
The Person and the Situation	Lee Ross/Richard E. Nisbett				
Mindfulness	Mark Williams/Danny Penman				
Sick Souls, Healthy Minds	John Kaag				
Hiking with Nietzsche	John Kaag				

Born A Crime	Trevor Noah				
Early Bird	Rodney Rothman				
Egghead	Bo Burnham				
Ant Farm	Simon Rich				
Spoiled Brats	Simon Rich				
Hits & Misses	Simon Rich				
Man Seeking Woman	Simon Rich				
Humblebrag	Harris Wittels				
Th Dude and the Zen Master	Jeff Bridges/Bernie Glassman				
The Upright Citizens Brigade Comedy Improvisation Manu	Upright Citizens Brigade				
Creative Confidence	Tom Kelley/David Kelley				
Change By Design	Tim Brown				
Loonshots	Safi Bahcall				
The Design of Everyday Things	Don Norman				
Digital Minimalism	Cal Newport				
Deep Work	Cal Newport				
Switch	Chip Heath/Dan Heath				
In Praise of Idleness	Bertrand Russell				
New Hopes for a Changing World	Bertrand Russell				
Still the Mind	Alan Watts				
Wabi Sabi	Unknown				
Predictably Irrational	Dan Ariely				
Abolish Silicon Valley	Wendy Liu				
Letters from a Stoic	Seneca				
The Alchemist	Paulo Coelho				
The War of Art	Steven Pressfield				
Meditations	Marcus Aurelius				
Collected Short Stories of Roald Dahl	Roald Dahl				

Zen and the Art of Motorcycle Maintenance	Robert Pirsig				
Autocracy Inc.	Anne Applebaum				
No Sense of Place	Joshua Meyrowitz				
Superbloom	Nicholas Carr				
The Shallows	Nicholas Carr				
Man's Search for Meaning	Viktor Frankl				
The Conquest of Happiness	Bertrand Russell				
Emotional Intelligence	Daniel Goleman				
Documenting Our Lives	Sharon Sherman				
The Varieties of Scientific Experience	Carl Sagan				
Creativity	Mihaly Csikszentmihalyi				
Flow	Mihaly Csikszentmihalyi				
Fires in the Dark	Kay Redfield Jamison				
Shop Class as Soulcraft	Matthew B. Crawford				
The Mindful Way Through Depression	Mark Williams/John Teasdale/Zindel Segal/Jon Kabat-Zinn				
The Love Prescription	John Gottman/Julie Schwartz Gottman				
The Development of a Therapist	Louis Cozolino				
More Than Words	John Warner				
Cognitive Behavioral Therapy	Judith Beck				
Shift	Ethan Kross				
Stumbling on Happiness	Daniel Gilbert				
The Stranger	Albert Camus				
The Experience Machine	Andy Clark				
Utopia is Creepy	Nicholas Carr				
Hackers and Painters	Paul Graham				
Mindset	Carol Dweck				
The Zen of Climbing	Francis Sanzaro				
How To Tell a Story	The Moth				

Bowling Alone	Robert Putnam				
How to Know a Person	David Brooks				
Story	Robert McKee				
Save the Cat!	Blake Snyder				
Motivational Interviewing	William R. Miller/Stephen Rollnick				
The Myth of Sisyphus	Albert Camus				
Positive Psychotherapy	Tayyab Rashid/Martin Seligman				
The Varieties of Religious Experience	William James				
I Love You More than You Know	Jonathan Ames				
The Undoing Project	Michael Lewis				
Glory Days	Simon Rich				
Steve Jobs	Walter Isaacson				
The Best Minds	Jonathan Rosen				
Quiet	Susan Cain				
The Empathy Diaries	Sherry Turkle				
Maybe You Should Talk to Someone: A Therapist, Her Therapist, and How They Became Therapists	Lori Gottlieb				
The Good Life	Robert Waldinger				
The Hidden Tools of Comedy	Steve Kaplan				
Tomorrow, and Tomorrow, and Tomorrow	Gabrielle Zelvin				
Dopamine Nation	Anna Lembke				
The Disordered Mind	Eric Kandel				
The Discovery of the Unconscious	Henri Ellenberger				
The Antidote: Happiness for People Who Can't Stand Positive Emotions	Oliver Burkeman				
Chatter	Ethan Kross				
No Filter	Sarah Frier				
Palanes for the People	Eric Klinenberg				
Naked Economics	Charles Wheelan				
Not By Chance Alone	Elliot Aronson				

Zucked	Roger McNamee				
The Ride of a Lifetime	Robert Iger				
Learned Optimism	Martin Seligman				
Epidemics and Society: From the Black Death to the Present	Frank M. Snowden III				
The Pursuit of Perfect	Tal Ben-Shahar				
Between the World and Me	Ta-Nahesi Coates				
The New New Thing	Michael Lewis				
The Painted Word	Tom Wolfe				
Better	Atul Gawande				
The Fifth Risk	Michael Lewis				
Poking a Dead Frog	Mike Sacks				
Ghost World	Daniel Clowes				
The Zoo Story	Edward Albee				
Misbehaving	Richard Thaler				
The Social Animal	Elliot Aronson				
The Power of Meaning	Emily Esfahani				
Grit	Angela Duckworth				
Stories and Scripts	Zack Love				
Switch Bitch	Roald Dahl				
The Death-Ray	Daniel Clowes				
Siddhartha	Hermann Hesse				
My Uncle Oswald	Roald Dahl				
Me Talk Pretty One Day	David Sedaris				
The Social Animal	David Brooks				
The Innovators	Walter Isaacson				
Think Like a Freak	Steven Levitt				
Decisive	Chip Heath				
Finding Flow	Mihaly Csikszentmihalyi				

The Happiness Advantage	Shawn Achor				
An Unquiet Mind	Kay Redfield Jamison				
Scar Tissue	Anthony Kiedis				
Made to Stick	Chip Heath				
Freakonomics	Steven Levitt				
Creativity Inc.	Ed Catmull				
Is Sex Necessary?	James Thurber/E.B. White				
Addiction by Design	Natasha Schull				
30 Lessons for Living	Karl Pillemer				
The Molecule of More	Daniel Z. Lieberman				
10% Happier	Dan Harris				
This Is Water	David Foster Wallace				
Tiny Beautiful Things	Cheryl Strayed				
How to Change Your Mind	Michael Pollan				
Drive	Daniel Pink				
The Paradox of Choice	Barry Schwartz				
Letterman	Jason Zinoman				
The End of Education	Neil Postman				