

Rewiring the Brain, Building Habits, and Achieving Elite Performance

✓ Best Reading Order Based on Your Goal

Phase	Book	Purpose
1. FOUNDATION	🏆 <i>The Brain That Changes Itself</i>	Understand how to rewire your brain
2. BEHAVIOR	🔄 <i>Atomic Habits</i>	Build strong, daily high-performance routines
3. SKILL BUILDING	🏅 <i>The Talent Code</i>	Learn deep, fast pattern mastery
4. BURNOUT CONTROL	💎 <i>Burnout</i> + 💎 <i>Peak Performance</i>	Recover your mind, avoid quitting
5. DEEP LEARNING	⚙️ <i>The Art of Learning</i>	Build intuition and pattern fluidity
6. LONG-TERM ADAPTATION	🔬 <i>Livewired</i>	Train your brain to constantly adapt
7. ENERGY MANAGEMENT	📊 <i>The Power of Full Engagement</i>	Use energy wisely, not just time
8. EMOTIONAL ROOTS	🧘 <i>When the Body Says No</i>	Heal emotional blocks to achievement
9. BRAIN RECOVERY	🛌 <i>Why We Sleep</i>	Repair and consolidate memory + learning