

Inside the Inspired

READING LIST

Jonathan Z. Cohen



Hello there,

Growing up, books always seemed foreign to me. My perspective changed when I finally sat down with something that could capture and maintain my attention.

These 85 books and essays have significantly shaped my worldview.

I grouped these books thematically, believing they compliment one another.

My hope is that these books will impact you in the same profound way they have impacted me.

Thank you for being a part of this journey with me.

-Jonathan

P.S. If you'd like to support, please consider giving [Inside The Inspired](#) a 5-star review on Apple Podcasts or Spotify. Your genuine help will contribute to the growth of the show.

Thank you!

Inside the Inspired

**HEALTH &
WELLNESS**

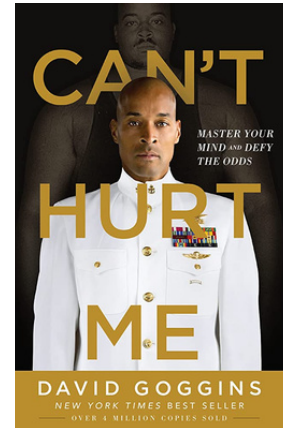
Jonathan Z. Cohen

READING LIST

CAN'T HURT ME

DAVID GOGGINS

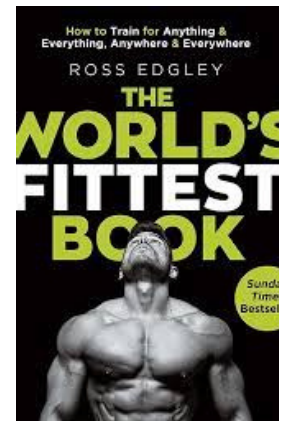
READS VERY SMOOTHLY. FROM HIS LIFE STORIES TO LIFE LESSONS, THERE IS SOMETHING FOR EVERYONE IN THIS BOOK. WE ALL HAVE ANOTHER LEVEL AND THIS BOOK IS A MANUAL TO TAP INTO IT.



THE WORLD'S FITTEST BOOK

ROSS EDGLEY

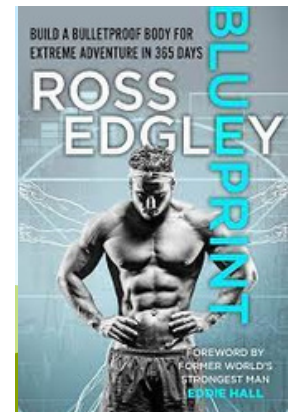
IN MY VIEW THIS IS THE WORLD'S MOST FUN FITNESS TEXTBOOK. A CREATIVE AND EFFECTIVE WAY TO LEARN HOW TO BUILD A STRONG FOUNDATION WITH PROPER TOOLS. MUST READ.



BLUEPRINT

ROSS EDGLEY

EDGLEY'S THIRD BOOK, IS A TRAINING MANUAL TO DESIGN YOUR YEAR AROUND YOUR GIRLS. A BIT DENSE IN IT'S APPLICATION, BUT ROUNDS OUT HIS TWO PREVIOUS BOOKS SPLENDIDLY.



25 HOURS A DAY

NICK BARE

THIS BOOK ONLY TAKES A COUPLE OF HOURS TO READ AND IT'S WORTH IT. HAVE A VISION FOR YOUR LIFE. GET BETTER AT SOMETHING EVERY DAY. TONS OF ACTIONABLE TAKEAWAYS IN THIS ONE.

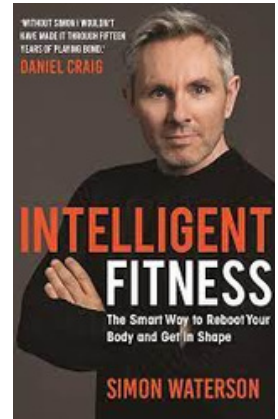


READING LIST

INTELLIGENT FITNESS

SIMON WATERSON

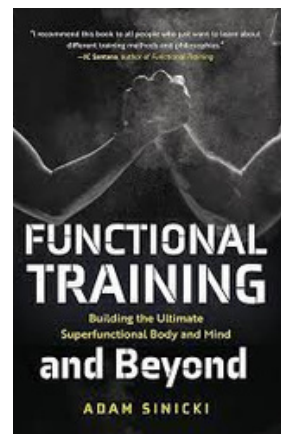
WANT TO KNOW HOW THE CELEBRITIES HEROES TRAIN? FROM BOND TO BATMAN, SIMON WATERSON OUTLINES A SOLID FRAMEWORK FOR TRAINING ANYWHERE AND EVERYWHERE EFFECTIVELY. LOTS OF FUN FOR FITNESS NERDS.



FUNCTIONAL TRAINING

ADAM SINICKI

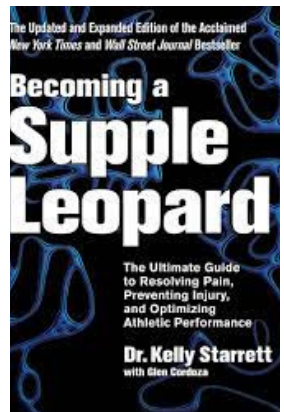
ANOTHER FITNESS NERD BOOK. SO MANY STYLES OUT THERE, HOW DO YOU KNOW WHICH ONE TO CHOOSE? WELL, SINICKI OUTLINES A STRATEGY BRAIN TRAIN, BODY, TRAIN, AND RECOVER. THERE IS A FLAVOR OF SUPERHERO IN THIS ONE SO I'M BIASED. LOVED THIS BOOK AND THINK ANY GENUINE FITNESS GEEK SHOULD PICK IT UP.



BECOMING A SUPPLE LEOPARD

DR. KELLY STARRETT

A FITNESS ENCYCLOPEDIA. FROM TRAINING TO RECOVERY. ONE OF MY BIGGEST TAKEAWAYS FROM THIS ONE, IS TO LIMIT FACIAL EXPRESSIONS WHEN TRAINING BECAUSE THE CARRY OVER INTO REAL LIFE WHEN THINGS HAPPEN WILL HELP YOU MAINTAIN A LEVEL HEAD. ALSO SERVES AS A SOLID COFFEE TABLE BOOK.



KNEE ABILITY ZERO

BEN PATRICK

THE FUTURE OF BULLETPROOFING YOUR BODY. CAN'T SAY IT ANY BETTER THAN THAT. I'M NOT A DOCTOR, BUT THIS STRATEGY HAS TESTIMONIALS THAT HAVE WORKED FOR TONS OF ATHLETES. BEN PATRICK IS A LEADER IN THE SPACE AND THE BOOK OFFERS ACTIONABLE TIPS FROM THE GET GO. KNEE PAIN? EDUCATE YOURSELF AND PICK THIS ONE UP.



READING LIST

BECOMING AGELESS

STRAUSS ZELNICK

ALL ABOUT GOOD HABITS AS WE AGE BY A HIGH LEVEL CORPORATE EXECUTIVE WHO ACHIEVED HIS FITNESS LATER IN HIS LIFE. THROUGH TO RELATABLE STORIES, THIS BOOK COULD HELP YOU STRATEGIZE TO ACHIEVE SUSTAINABLE LONGEVITY.



THRIVE STATE

KIEN VUU, MD

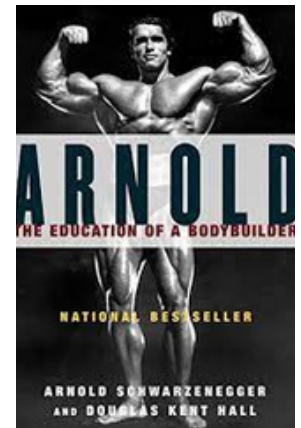
DR. KIEN VUU IS A BRILLIANT AND IMPACTFUL HUMAN. HAD THE CHANCE TO BRING HIM ON THE PODCAST. DR. VUU OFFERS PRACTICAL VALUE THROUGHOUT THE BOOK. DEFINITELY CHECK IT OUT TO GAIN MORE CLARITY AROUND YOUR HEALTH FROM A FIT M.D.



ARNOLD: THE EDUCATION OF A BODYBUILDER

ARNOLD SCHWAZNEGGER

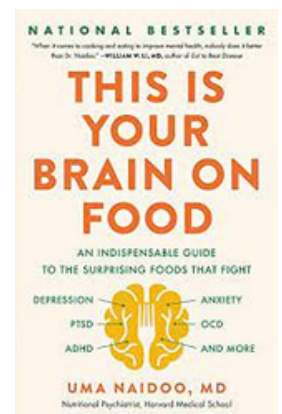
WHETHER BUILDING OUT YOUR BODY OR INTERESTED IN AN AUTOBIOGRAPHY, THIS ONE TOUCHES ON MINDSET, FITNESS, AND STORY TELLING. I ALSO TOTALLY FIGURED OUT HOW TO EFFECTIVELY TRAIN CALVES AND FOREARMS AS A RESULT OF THIS ONE...JUST SAYING.



THIS IS YOUR BRAIN ON FOOD

UMA NAIDOO, MD

NUTRITIONAL PSYCHOLOGY ISN'T EXPLORED ENOUGH. FOR A LONG TIME IN MY FITNESS JOURNEY I FOCUSED ON THE IMPACT OF FOOD ON OUR BODIES. THIS BOOK OPENED MY EYES TO THE IMPACT OF FOOD ON OUR BRAIN, WHICH OPENED UP A WHOLE NEW WORLD.

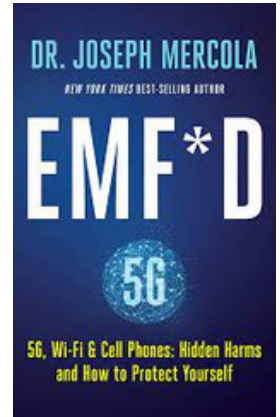


READING LIST

EMF*D

DR. JOSEPH MERCOLA

A SHOUTOUT TO MY MOTHER IN LAW FOR THIS ONE. I THINK THAT LEARNING ABOUT EMF IS KEY FOR US AS WE HEAD INTO THE FUTURE. SOMETIMES IGNORANCE IS BLISS, BUT I BELIEVE INFORMATION AND KNOWLEDGE CAN SET YOU APART. MITIGATE THE NEGATIVE IMPACT OF EMF WHERE YOU CAN.



Inside the Inspired

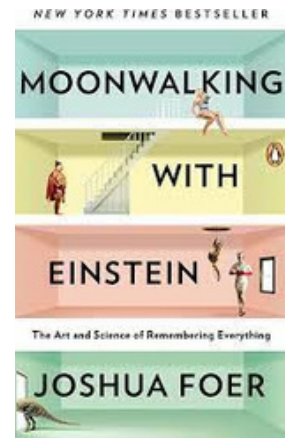
PSYCHOLOGY

Jonathan Z. Cohen

READING LIST

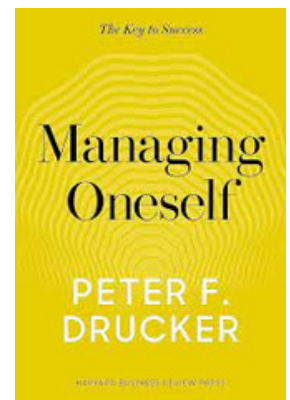
MOONWALKING WITH EINSTEIN JOSHUA FOER

SOLID TIPS IN HERE PROMOTING THE CONCEPT OF ASSOCIATION. A REPORTER TURNED MEMORY CHAMPION SHARES HIS JOURNEY AND TEACHES YOU A FEW THINGS ALONG THE WAY. I STILL IMPLEMENT THESE MEMORY TECHNIQUES IN MY OWN WAY. YOU CAN FIND OUT HOW BY CHECKING OUT THE INSPIRED SPEAKER FORMULA COURSE SERIES ON UDEMY!



MANAGING ONESELF PETER DRUCKER

WHAT TYPE OF LEARNER ARE YOU? THIS SHORT ESSAY GIVES YOU INSIGHTS INTO HOW YOU CAN IDENTIFY AND LEVERAGE YOUR PREFERRED LEARNING ABILITY TO IN TURN IMPROVE YOUR PRODUCTIVITY OUTPUT THEN UNDERSTAND YOURSELF FURTHER.



WHO MOVED MY CHEESE? SPENCER JOHNSON

I'VE READ THIS BOOK MULTIPLE TIMES AT DIFFERENT STAGES OF LIFE AND ITS REALLY A TESTAMENT TO HOW PEOPLE THINK AND OPERATE. THIS ONE GIVES US TOOLS THROUGH STORYTELLING AND TEACHES US HOW TO DEAL WITH CHANGE.



MINDSET CAROL DWECK

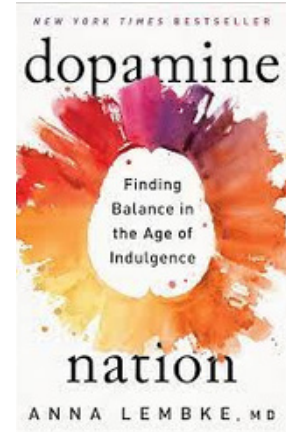
THIS BOOK DEFINES GROWTH MINDSET. FURTHER, IT GIVES DEPTH AS TO HOW WE CAN DISCOVER AREAS OF OUR LIFE WE MAINTAIN A FIXED MINDSET AND HOW TO CULTIVATE A GROWTH MINDSET.

READING LIST

DOPAMINE NATION

ANNE LEMBKE

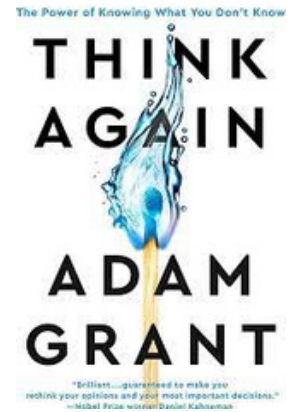
WHY ARE YOU SO TIRED DURING THE DAY EVEN AFTER 8 HOURS OF SLEEP AND 3 COFFEES? UNDERSTANDING THE ROLE OF DOPAMINE IN OUR BRAINS AND BODIES GIVES US AN ADVANTAGE INTO DEVELOPING SELF-AWARENESS. HOW IS DOPAMINE DEPLETION IMPACTING YOU? INFORMATION IS POWER AND LEARNING HOW YOUR DOPAMINE SYSTEM NEEDS A RESET COULD BE THE BIOHACK YOU'RE MISSING TO LEVEL UP.



THINK AGAIN

ADAM GRANT

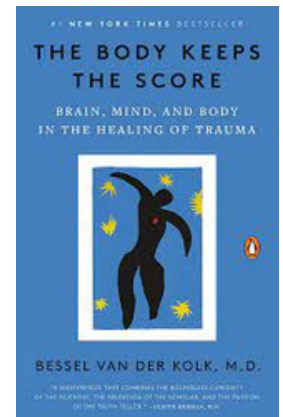
TITLE SAYS IT ALL. I'M ALWAYS TRYING TO SHAPE MY PERSPECTIVE TO BE AS WELL ROUNDED AS POSSIBLE ELIMINATING ALL BLIND SPOTS. THE LANGUAGE IN THIS ONE IS KEY. GRANT CHALLENGES THE READER TO OPEN UP YOUR PERSPECTIVE, EVEN WHEN YOU DON'T AGREE, IS A MAIN TAKEAWAYS HERE.



THE BODY KEEPS THE SCORE

BESSEL VAN DER KOLK, M.D.

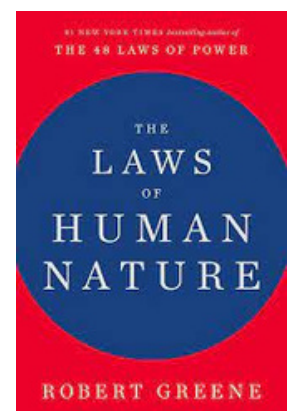
IF I COULD RECOMMEND ONE BOOK ON THIS LIST, THIS IS THE ONE. PRESENCE, INNER CHILD WORK, TRAUMA, HEALING ALL PARTS OF THE BODY, MIND AND SOUL. I CITE THIS ONE OFTEN AND CONSIDER IT THE LIFE MANUAL FOR ADULTS. ABSOLUTE MUST READ.



THE LAWS OF HUMAN NATURE

ROBERT GREENE

ROBERT GREENE IS A SPECIAL BREED OF AUTHOR. THE AUDACITY TO WRITE A BOOK WITH THIS TITLE FOLLOWED BY THE COURAGE TO PROVIDE SUCH DENSE INSIGHT - I REALLY ENJOYED THIS ONE. BIGGEST TAKEAWAY FOR ME TO LEARN MORE ABOUT THE ROLE OF GENERATIONAL CYCLES.

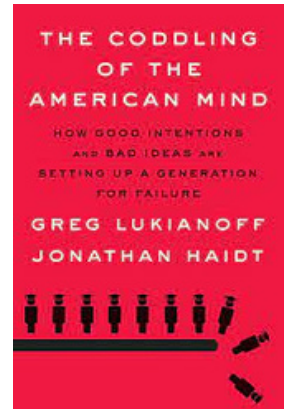


READING LIST

THE CODDLING OF THE AMERICAN MIND

GREG LUKIANOFF
& JONATHAN HAIDT

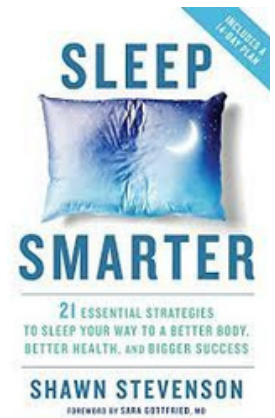
THIS ONE EXPLORES THE CHALLENGES FACED BY TODAY'S YOUTH. A FOCUS ON EMOTIONAL FRAGILITY AND INTOLERANCE THROUGH OVERPROTECTIVE PARENTING AND SUPPRESSING OF UNCOMFORTABLE IDEAS, OFFERING INSIGHTS ON TO BUILD RESILIENCE AND OPEN-MINDEDNESS FOR A HEALTHIER SOCIETY.



SLEEP SMARTER

SHAWN STEVENSON

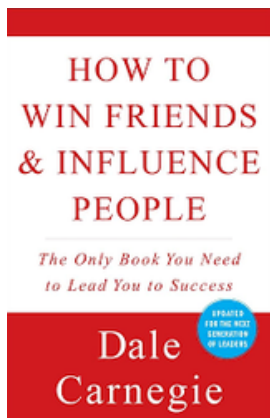
THIS BOOK INTRODUCED ME TO THE IMPORTANCE OF SLEEP HYGIENE TO ME AND PRACTICES AROUND SLEEP HYGIENE. THERE IS VALUE IS CURATING AN ENVIRONMENT TO PROMOTES PHYSICAL AND MENTAL RECOVERY. FROM PLANTS TO TEMPERATURE - "TREAT SLEEP LIKE A SPORT AND TRAIN FOR IT."



HOW WIN FRIENDS & INFLUENCE PEOPLE

DALE CARNEGIE

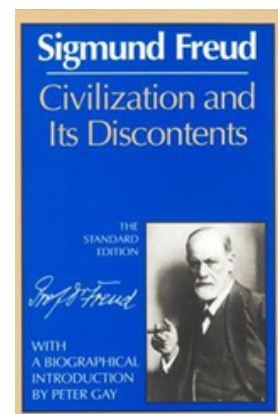
"A PERSON'S FAVORITE SOUND IS THE SOUND OF THEIR OWN NAME." WHETHER YOU WANT MORE FRIENDS OR NOT, YOU'LL GAIN TOOLS TO LEARN MORE ABOUT YOURSELF AND OTHERS IN A MEANINGFUL WAY.



CIVILIZATION AND IT'S DISCONTENTS

SIGMUND FREUD

SECOND CHAPTER OF THIS ONE. UNDERSTANDING OUR PSYCHOLOGY, HAPPINESS, AND WHY WE THINK THE WAY WE DO.GETTING A FEEL FOR FREUD'S PERSPECTIVE CAN HELP YOU UNDERSTAND YOURSELF AND OTHERS BETTER.



READING LIST

THE PSYCHOLOGY OF MONEY MORGAN HOUSEL

CHALLENGING ASSUMPTIONS AND PREMISES THAT CAN IMPROVE FINANCIAL LITERACY IN A MEANINGFUL WAY.

The Psychology of Money



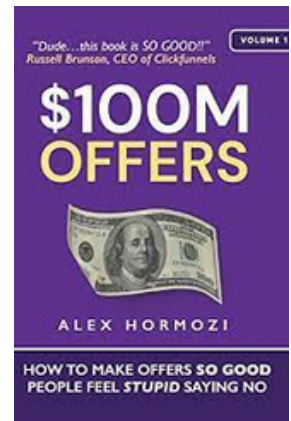
TIMELESS LESSONS ON WEALTH, GREED, AND HAPPINESS

MORGAN HOUSEL

"One of the best and most original finance books in years."
— JACOB ZWEIG

\$100M OFFERS ALEX HORMOZI

FINISHED IN TWO DAYS. EASY READ AND IMMENSE VALUE. ALEX HORMOZI IS MAKING BUSINESS 101 EASY FOR EVERYONE. IF YOU DON'T FIND VALUE IN THIS ONE, WELL, RECONSIDER YOUR APPROACH TO BUSINESS.



HOW TO MAKE OFFERS SO GOOD PEOPLE FEEL STUPID SAYING NO

12 RULES FOR LIFE JORDAN B. PETERSON

TAKE ON WHAT ELEVATES YOU AND DISREGARD WHAT DOESN'T. HE'S A CONTROVERSIAL FIGURE, BUT THE LESSONS ARE WHAT THEY ARE. CAN'T DENY THE REALITY OF IMPACTFUL ADVICE USED TO IMPROVE YOURSELF.

JORDAN B. PETERSON

12 RULES FOR LIFE

AN ANTIDOTE TO CHAOS

"The most influential public intellectual in the Western world right now."
NEW YORK TIMES

THE WAR OF ART STEVEN PRESSFIELD

RESISTANCE COMES IN MANY SHAPES AND SIZES. THIS BOOK CAPTURE THEM ALL. ANOTHER SOMETHING SUPER SPECIAL BREWING WITH THIS ONE. YOU WON'T VIEW PROCRASTINATION THE SAME AFTER READING THIS ONE.

theWARofART

Break Through the Blocks and Win Your Inner Creative Battles



STEVEN PRESSFIELD
"A vital gem...a kick in the ass." —Esquire

Inside the Inspired

FINANCE

Jonathan Z. Cohen

READING LIST

THE ALMANACK OF NAVAL RAVIKANT ERIC JØRGENSEN

GEMS ON GEMS ON GEMS. FEELS LIKE I HIGHLIGHTED OR TOOK NOTES ON EVERY PAGE. QUOTES FOR DAYS. HIGHLY RECOMMEND.

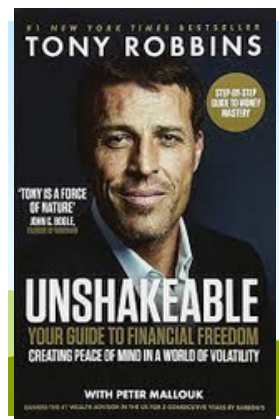
Foreword by
TIM FERRISS

THE ALMANACK OF NAVAL RAVIKANT

A guide to wealth and happiness
ERIC JØRGENSEN

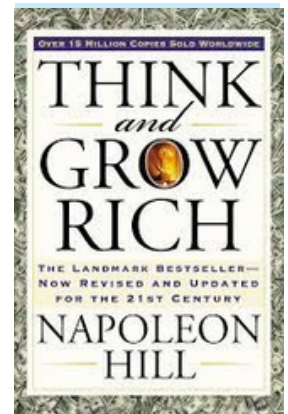
UNSHAKEABLE TONY ROBBINS

HE'S SELLING YOU A LOT IN THIS, BUT SKIP OVER THAT PORTION AND FOCUS ON UNDERSTANDING MARKET CYCLES TO LEARN THE PARLANCE OF THE FINANCIAL INDUSTRY, YOU'LL GET TONS OUT OF THIS ONE.



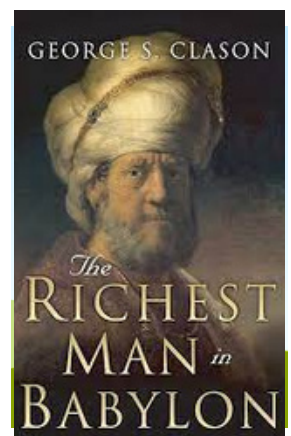
THINK AND GROW RICH NAPOLEON HILL

A TIMELESS BOOK WITH GREAT LESSONS. I STEPPED AWAY FOR A WHILE THEN CAME BACK TO IT AND I'M GLAD I DID BECAUSE WHAT RESONATED WITH ME CAME THROUGH AT THE END OF THE BOOK.



THE RICHEST MAN IN BABYLON GEORGE S. CLASON

TREASURES AREN'T WHERE YOU THINK THEY LIE. A METAPHORICAL READ THAT CAN HELP YOU STEP OUTSIDE YOURSELF TO SEE WHAT TRULY MATTERS.

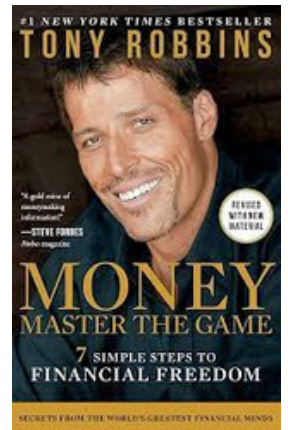


READING LIST

MONEY MASTER THE GAME

TONY ROBBINS

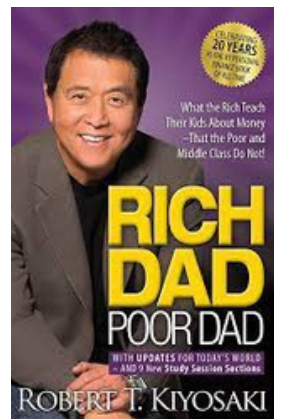
ACTIONABLE AND IMPACTFUL ADVICE TO HELP YOU MAKE SENSE OF THE WORLD OF FINANCE. TRY TO SEE THROUGH THE SALES PITCHES AND STAY ON TRACK FOR THE BUSINESS LESSONS. YOU'LL HAVE A DYNAMIC ROADMAP TO REASSESS YOUR FINANCES.



RICH DAD POOR DAD

ROBERT T. KIYOSAKI

ANOTHER FINANCE 101 BOOK. YOU'LL FEEL SMARTER IN THE FIRST 5 PAGES. YOU'LL BE SMARTER IN THE FIRST TEN. GO CHECK IT OUT.



Inside the Inspired

MINDSET

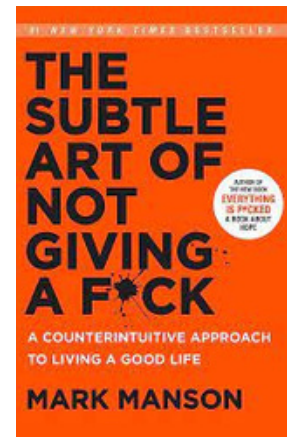
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READING LIST

THE SUBTLE ART OF NOT GIVING A FUCK

MARK MANSON

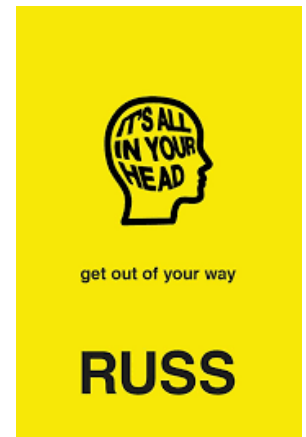
"DON'T WISH FOR A LIFE OF NO PROBLEMS, WISH FOR A LIFE OF GOOD PROBLEMS." THE DOCUMENTARY IS WORTH A WATCH ON A PLANE AS WELL TO REINFORCE THE BOOK.



IT'S ALL IN YOUR HEAD

RUSS

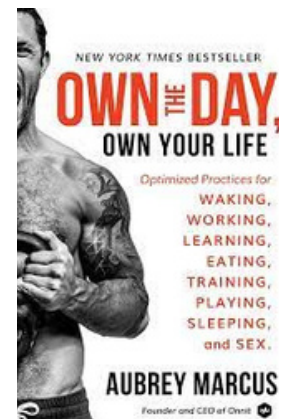
RUSS IS A GENIUS WITH HIS LYRICS, MUSIC, MINDSET AND SPIRIT. CAN'T RECOMMEND THIS ONE ENOUGH. MANIFESTATION ON A WHOLE OTHER LEVEL.



OWN THE DAY, OWN YOUR LIFE

AUBREY MARCUS

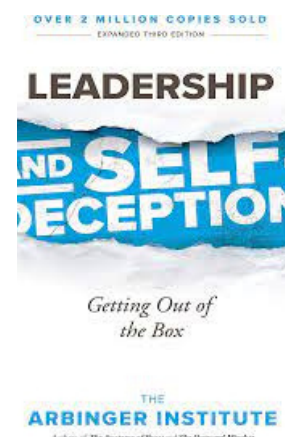
AUBREY MARCUS IS A SAVAGE HUMAN. HIS STORY AND THE STRUCTURE OF THIS BOOK READS IN THE FORM OF AN IDEAL DAY. FROM THE SECOND YOU WAKE UP TO YOUR COMMUTE TO WORK AND BACK HOME. HOW YOU CAN OPTIMIZE YOUR LIFE. DELICIOUS WHOLESOME RECIPES. THE ENTIRE ONNIT BRAND IS SOMETHING SPECIAL.



LEADERSHIP AND SELF DECEPTION

THE ARBINGER INSTITUTE

THIS IS A SOLID BOOK TO OFFER YOUR COLLEAGUES OR FRIENDS. RECOMMENDED TO ME BY THE FOUNDER OF DREAMWATER, THIS BOOK GAVE ME CLARITY ON WHEN I'M LOOKING AT LIFE IN A BOX AND WHEN I NEED TO STEP OUTSIDE THE BOX.

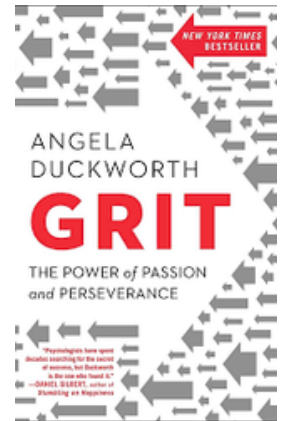


READING LIST

GRIT

ANGELA DUCKWORTH

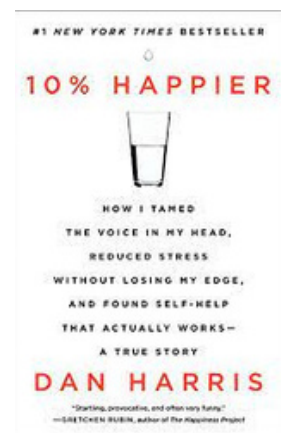
THE WHOLE FIRST HALF OF THE BOOK IS SPECIAL. GRIT IS A SECRET WEAPON THAT SEPARATES DIFFERENT CALIBERS OF WARRIORS. EXAMPLES AND PARALLELS TO HELP YOU LEVEL UP YOUR GRIT GAME.



10% HAPPIER

DAN HARRIS

THIS BOOK TOUCHES ON THE POWER OF MEDITATION. WE LEARN THE POWER OF PRESENCE IN OTHER BOOKS, BUT THIS ONE SHOWS US HOW MEDITATION IS AN EFFECTIVE TOOL IN A RELATABLE WAY FROM SOMEONE INITIALLY SUPER AGAINST IT. I DON'T MEDITATE BUT I DO DABBLE AND IN PART BECAUSE OF THIS BOOK.



EXTREME OWNERSHIP

JOCKO WILLINK
AND LEIF BABIN

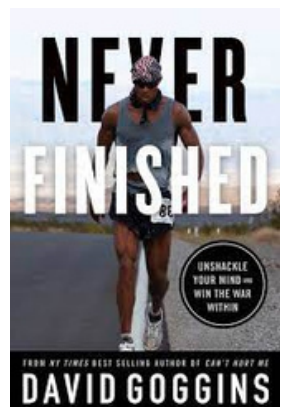
THE MILITARY TAUGHT ME ABOUT ACCOUNTABILITY, BUT THIS BOOK PUT IT INTO WORDS. TAKING RESPONSIBILITY FOR EVERYTHING IN MY LIFE GOOD AND BAD MADE MY LIFE EASIER IN THE WEIRDEST OF WAYS.



NEVER FINISHED

DAVID GOGGINS

READING THIS BOOK WAS THE PERFECT FORMULA FOR APPROACHING AND FINISHING THE 1,018 PULLUP CHALLENGE. THE GOGGINS MINDSET IS UNDENIABLE ALMOST TO A DETRIMENT. HOWEVER, EVEN IF YOU DON'T GO AS FAR AS GOGGINS, YOU LEARN WAYS TO OVERCOME FEARS, FRUSTRATIONS, AND STEP INTO YOUR VISION.



Inside the Inspired

BUSINESS

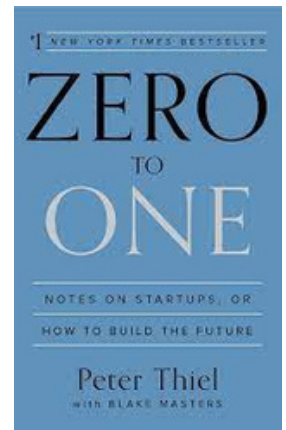
Jonathan Z. Cohen

READING LIST

ZERO TO ONE

PETER THIEL

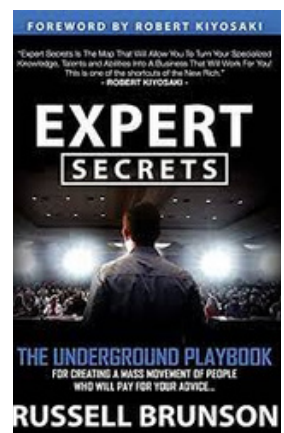
INSIGHTS ON CREATING UNIQUE AND INNOVATIVE STARTUPS, CONTRARIAN PERSPECTIVES ON COMPETITION, AND EMPHASIS ON BUILDING MONOPOLIES MAKE IT A MUST-READ FOR ANYONE LOOKING TO MAKE A SIGNIFICANT IMPACT IN THE BUSINESS WORLD.



EXPERT SECRETS

RUSSELL BRUNSON

THIS BOOK GIVES YOU PERMISSION TO BE THE EXPERT YOU ALREADY KNOW YOU ARE AND THEN A ROADMAP TO CAPITALIZE ON YOUR EXPERTISE IN ORDER TO MAKE AN IMPACT WITH YOUR ONLINE BUSINESS.



HOW TO CONTRACT

LAURA FREDERICK

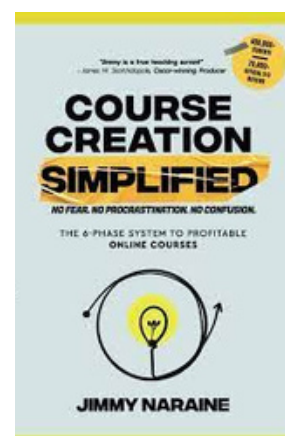
A COMPREHENSIVE AND PRACTICAL GUIDE FOR ANYONE NAVIGATING THE WORLD OF CONTRACTING. LAURA IS VALUABLE RESOURCE WITH A STRONG PRESENCE ON LINKEDIN. GO CHECK IT OUT.



COURSE CREATION SIMPLIFIED

JIMMY NARAINÉ

WANT TO SHARE YOUR KNOWLEDGE IN THE ONLINE COURSE WORLD? ACTIONABLE VALUE ON EVERY PAGE THAT CAN HELP YOU PRODUCTIZE YOUR KNOWLEDGE. MOST OF YOU WON'T DO ANYTHING WITH THIS, BUT YOU SHOULD AND THIS BOOK MAKES IT EASY.

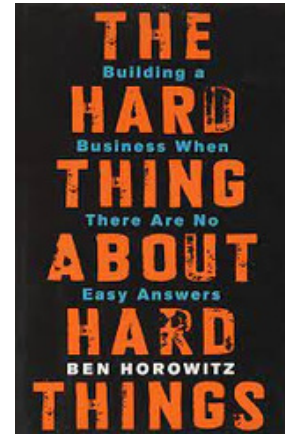


READING LIST

THE HARD THING ABOUT HARD THINGS

BEN HOROWITZ

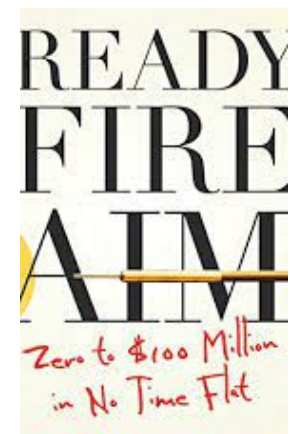
FOR ANY FOUNDER THIS BOOK IS A QUALITY READ. WHETHER YOU WANT TO RUN A BUSINESS OR IN THE FUTURE. FRAMEWORKS FOR SCALE AND CULTURE UNMATCHED.



READY, FIRE, AIM

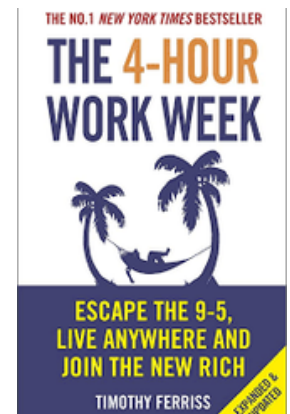
MICHAEL MASTERSON

WITH A FOCUS ON TAKING CALCULATED RISKS, SCALING BUSINESSES, AND ADAPTING QUICKLY, THE BOOK PROVIDES A REFRESHING APPROACH TO ACHIEVING SUCCESS IN THE FAST-PACED WORLD OF ENTREPRENEURSHIP. PRACTICAL STRATEGIES TO GROW YOUR BUSINESS AND OVERCOME OBSTACLES ALONG THE WAY.



THE 4-HOUR WORK WEEK TIMOTHY FERRISS

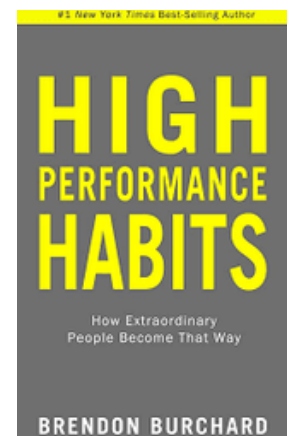
I IRONICALLY READ THIS BOOK ABOUT 2 WEEKS BEFORE COVID HIT BY HAPPENSTANCE. WHILE A NOMADIC LIFESTYLE MAY NOT BE FOR ME, THE INGENUITY IN WORK FROM HOME OR ANYWHERE TYPE OF LIFESTYLE WAS AHEAD OF ITS TIME. OR MAYBE RIGHT ON TIME...



HIGH PERFORMANCE HABITS

BRENDON BURCHARD

A GAME-CHANGING BOOK THAT DELVES INTO THE HABITS OF SUCCESSFUL INDIVIDUALS TO ACHIEVE EXTRAORDINARY RESULTS. RESEARCH-BACKED INSIGHTS AND ACTIONABLE STRATEGIES EMPOWER YOU TO ELEVATE YOUR PERFORMANCE, DEVELOP A GROWTH MINDSET, AND UNLOCK YOUR FULL POTENTIAL.



Inside the Inspired

PHILOSOPHY

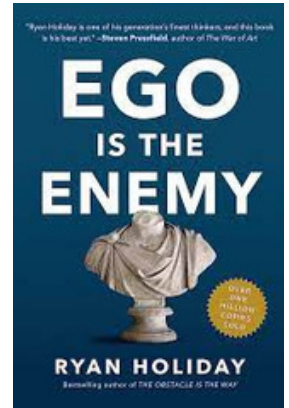
Jonathan Z. Cohen

READING LIST

EGO IS THE ENEMY

RYAN HOLIDAY

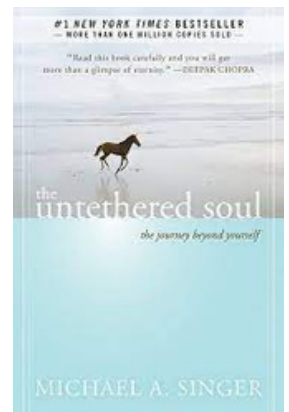
EGO GETS IN THE WAY QUITE OFTEN. I ALWAYS APPRECIATE HIS ENDLESS EXAMPLES HISTORICAL FIGURES FACING OBSTACLES USING MINDFULNESS TO ACHIEVE THEIR DREAMS AND MAKE AN IMPACT. THIS BOOK REMINDS US TO HAVE HUMILITY IN AN ACTIONABLE WAY.



THE UNTETHERED SOUL

MICHAEL A. SINGER

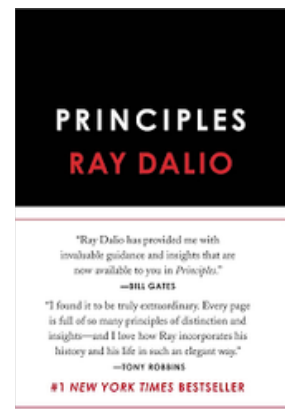
LEARN TO MAKE THE VOICE IN YOUR HEAD YOUR BEST FRIEND. THIS BOOK GIVES YOU A BLUEPRINT TO GET THERE.



PRINCIPLES

RAY DALIO

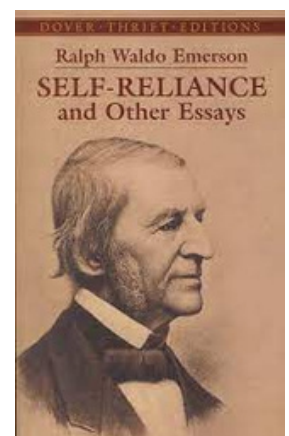
I STILL GO BACK TO THIS BOOK. I THINK THE PRINCIPLES SECTION IS KEY FOR ANYONE TO READ, THE FIRST HALF OF THE EBOOK ABOUT HIS LIFE STORY IS WORTH READING BECAUSE GIVES CREDIBILITY TO THE PRINCIPLES. THE FASTER YOU LEARN FROM MISTAKES, THE FASTER YOU ITERATE AND ACHIEVE. GO GET THIS ONE.



SELF RELIANCE AND OTHER ESSAYS

RALPH WALDO EMERSON

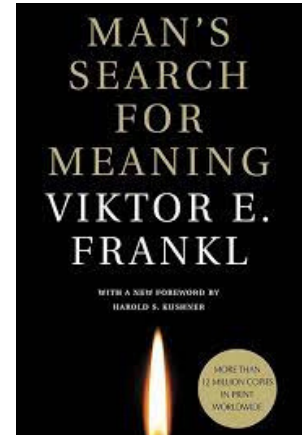
A REMINDER TO BE YOUR OWN PERSON WITH MANY SENTIMENTS AS TO WHY ITS SO IMPORTANT TO VALUE YOUR OWN OPINION OVER OTHERS. CRAZY HOW SOMETHING WRITTEN IN THE 1800'S STILL HOLDS SUCH TREMENDOUS AND TIMELESS VALUE.



READING LIST

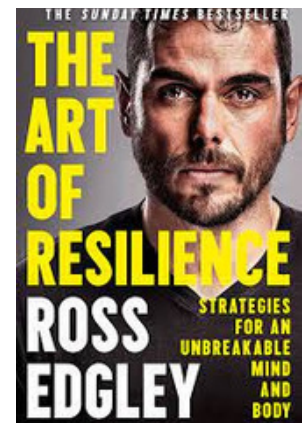
MAN'S SEARCH FOR MEANING VIKTOR E. FRANKL

I RE-READ THIS BOOK ANNUALLY. NAMELY THE SECOND HALF. THE LESSONS, WISDOM, AND GUMPTION THIS BOOK BRINGS TO THE TABLE IS LIKE NONE OTHER. IF YOU'RE LOOKING FOR MEANING IN YOUR LIFE, START HERE.



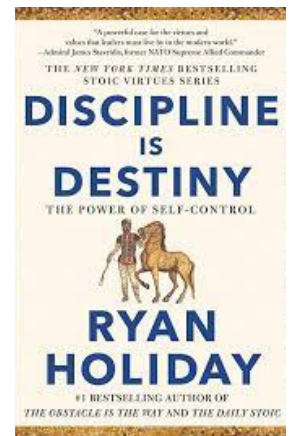
THE ART OF RESILIENCE ROSS EDGLEY

THE CONCEPT OF STOIC SPORTS SCIENCE WAS COINED BY THIS LEGEND. THE LESSONS IN RESILIENCE AND MINDSET ARE SO POWERFUL. INTERWEAVING SPORTS WITH PHILOSOPHY, IN A PALATABLE WAY TO ELEVATE YOUR MINDSET AND BUILD YOUR BODY.



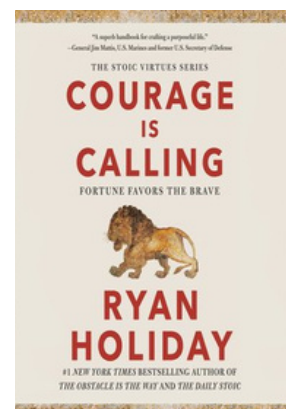
DISCIPLINE IS DESTINY RYAN HOLIDAY

I PLACE A HEAVE EMPHASIS ON DISCIPLINE. DISCIPLINE IS THE HIGHEST FORM OF SELF LOVE. HOLIDAY'S BOOK SERVE AS REMINDERS TO LIVE WITH VIRTUE. DISCIPLINE IS A CORNERSTONE IN PERSONAL DEVELOPMENT. THIS BOOK SUPPORTS THAT PREMISE WITH AN ABUNDANCE OF EXAMPLES.



COURAGE IS CALLING RYAN HOLIDAY

A BLUEPRINT TO ADOPT A COURAGEOUS APPROACH TO YOUR ENDEAVORS WITH POWERFUL INSIGHTS AND REAL-LIFE EXAMPLES. HOLIDAY EMPOWERS US TO TAKE BOLD STEPS TOWARD PERSONAL GROWTH AND FULFILLMENT.

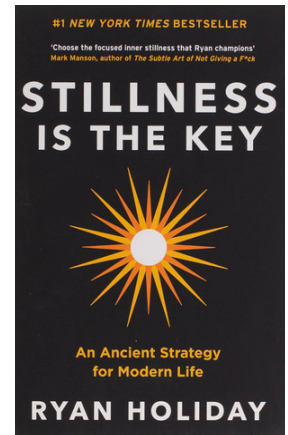


READING LIST

STILLNESS IS THE KEY

RYAN HOLIDAY

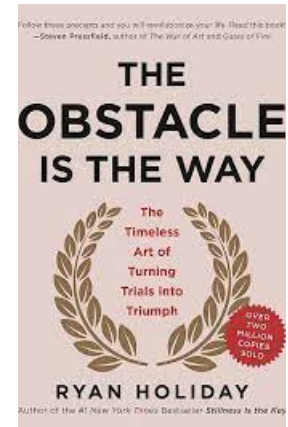
THIS BOOK INTRODUCED ME TO MINDFULNESS. FAIR TO SAY THINGS HAVEN'T BEEN THE SAME SINCE AS I'VE ONLY DIVED DEEPER. HIGHLY RECOMMEND.



THE OBSTACLE IS THE WAY

RYAN HOLIDAY

THIS BOOK IS A CLASSIC AND IT'S STORY OF BECOMING A BEST SELLER IS WILD BECAUSE IT SHOULDN'T HAVE TAKEN AS LONG AS IT DID. IMPACTFUL AND ENGAGING LESSONS FOR LIVING A LIFE OF MEANING AND FIGURING OUT THAT THE ANSWERS TO LIFE ARE ON THE OTHER SIDE OF THE CHALLENGES YOU'RE AVOIDING.



THE ART OF WAR

SUN TZU

CLASSIC. I READ IT BECAUSE I FELT I HAD TO IN ORDER TO KEEP UP WITH MOVIE REFERENCES. NOW I UNDERSTAND WHY. SUBDUE THE ENEMY WITHOUT FIGHTING. THIS PIECE OF WORK APPLIES TO WAY MORE THAN JUST THE BATTLEFIELD.



Inside the Inspired

**LAW &
NEGOTIATION**

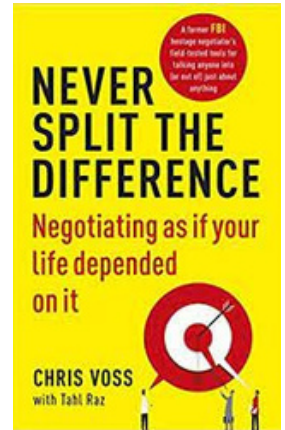
Jonathan Z. Cohen

READING LIST

NEVER SPLIT THE DIFFERENCE

CHRIS VOSS

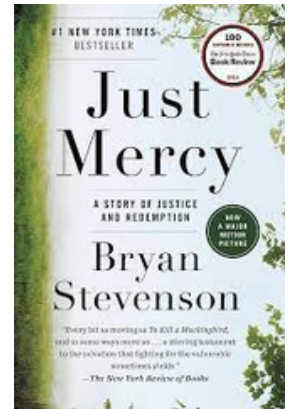
TAKING NEGOTIATION TO ANOTHER LEVEL. INVALUABLE TACTICS AND STRATEGIES THAT CAN BE APPLIED IN ANY NEGOTIATION SCENARIO BE IT IN BUSINESS OR EVERYDAY LIFE. LEARNING THE ART OF PERSUASION, EMPATHY, AND ACTIVE LISTENING, MAKING IT A MUST-READ FOR ANYONE SEEKING TO BECOME A MORE EFFECTIVE AND SUCCESSFUL NEGOTIATOR.



JUST MERCY

BRYAN STEVENSON

I ELUDED TO SHAPING PERSPECTIVE BEFORE. NOTHING MORE IMPACTFUL THAN READING A BOOK BY AN IVY LEAGUE EDUCATED ATTORNEY ON THE OTHER SIDE OF THE WELL WITH AS MUCH BELIEF IN HIS MISSION AS YOU DO IN YOURS. THIS BOOK CREATED EMPATHY AND PERSPECTIVE FOR ME AS A PROSECUTOR. IF NOTHING ELSE, THE PARALLEL IS TO CONSTANTLY CHALLENGE YOUR VIEW OF THE WORLD AND WORK TO SHAPE IT.



BRONX D.A.

SARENA STRAUS

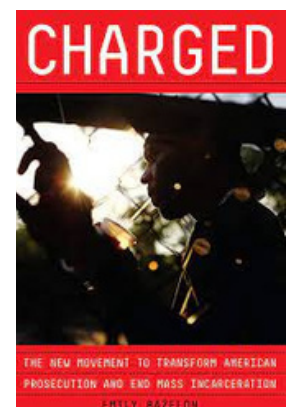
I SERVED THREE YEARS AS AN SVU PROSECUTOR IN THE BRONX D.A.'S OFFICE. WRITTEN BY A FORMER SPECIAL VICTIMS UNIT PROSECUTOR. THIS BOOK IS THE REASON I WENT INTO THE SVU UNIT. AN ODE TO MY SERVICE. I FINISHED IT BEFORE I STARTED AT THE D.A. AND I'M VERY GLAD I DID. IF YOU'RE INTERESTED IN CRIMINAL PROSECUTION, CHECK THIS ONE OUT.



CHARGED

EMILY BAZELON

THIS BOOK HAD A PROFOUND IMPACT ON MY PRACTICE. IT DELVES INTO THE COMPLEXITIES OF AMERICA'S CRIMINAL JUSTICE SYSTEM. THROUGH GRIPPING REAL-LIFE STORIES, IT HIGHLIGHTS THE FLAWS AND INEQUALITIES WITHIN THE LEGAL PROCESS, SHEDDING LIGHT ON THE HUMAN COST OF MASS INCARCERATION. WHILE NOT EVERYTHING IS AS ACTIONABLE AS PRESENTED IT EXAMINES THE NEED FOR REFORM IN OUR SOCIETY.



READING LIST

GETTING TO YES

ROBERT FISHER
& WILLIAM URY

THERE IS AN ART TO GETTING WHAT YOU WANT AND THIS BOOK IS A SOLID PLACE TO START IN YOUR NEGOTIATION JOURNEY.

THE INTERNATIONAL BESTSELLER

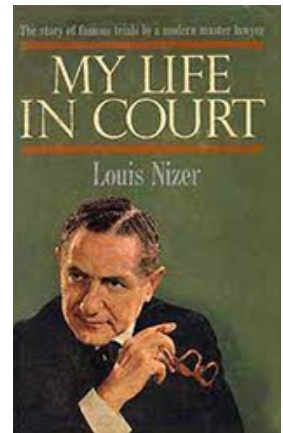
GETTING
TO
YES
UPDATED
AND
REVISED
NEGOTIATING AGREEMENT
WITHOUT GIVING IN

ROGER FISHER AND WILLIAM URY
AND FOR THE REVISED EDITIONS: BRUCE PATTON
OF THE HARVARD NEGOTIATION PROJECT

MY LIFE IN COURT

LOUIS NIZER

ARGUABLY THE MOST DENSE BOOK I'VE EVER READ. OVER 500 PAGES AND JUST FILLED WITH STORIES OF LAWYERING AND LITIGATING BACK IN THE DAY. IF YOU'RE UP FOR WAR STORIES AND OLD SCHOOL VIBES, CHECK THIS ONE OUT.



DOING JUSTICE

PREET BHARARA

AS A FORMER PROSECUTOR, I MADE IT A MISSION TO EDUCATE MYSELF IN AS MANY WAYS AS POSSIBLE ON THE STATE OF THE WORLD. THIS BOOK SHOULD BE MANDATORY FOR ANYONE IN THE PRACTICE OF CRIMINAL LAW TO READ IN ORDER TO BRIDGE THE COMMUNICATION GAP.

DOING
JUSTICE

A PROSECUTOR'S THOUGHTS
ON CRIME, PUNISHMENT,
AND THE RULE OF LAW

PREET
BHARARA

Inside the Inspired

MINDFULNESS

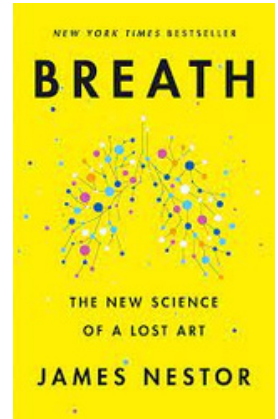
Jonathan Z. Cohen

READING LIST

BREATH

JAMES NESTOR

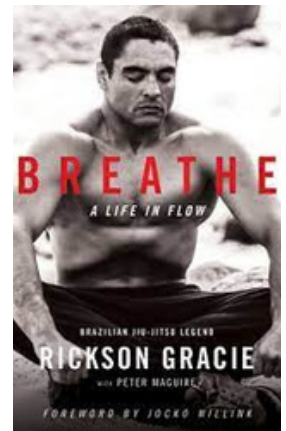
THE POWER OF NASAL BREATHING IS DRIVEN HOME WITH EVIDENCE IN THIS ONE. THIS BOOK VALIDATED MY PERSONAL EXPERIENCE AND OFFERED EXPERIMENTS TO SUBSTANTIATE THE VALUE OF NASAL BREATHING. HIGHLY RECOMMEND. YOU'LL NEVER BREATHE THE SAME.



BREATHE: A LIFE IN FLOW

RICKSON GRACIE

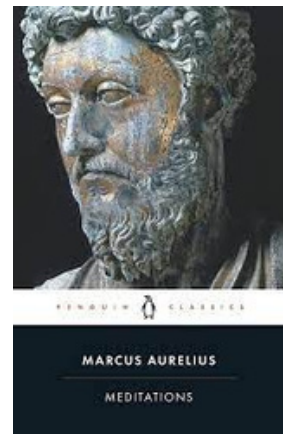
BJJ IS AN AWESOME PRACTICE. LEARNING IT'S HISTORY WAS FASCINATING. THROUGH THE LENS OF JIU-JITSU, GRACIE SHARES VALUABLE LIFE LESSONS, EMPHASIZING THE IMPORTANCE OF MINDFULNESS, RESILIENCE, AND THE PURSUIT OF EXCELLENCE.



MEDITATIONS

MARCUS AURELIUS

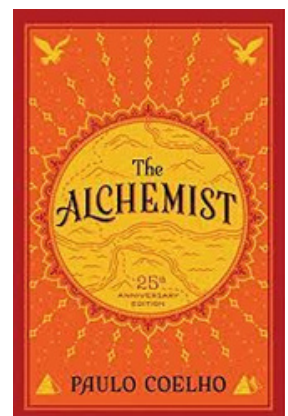
AT THIS POINT, IF YOU'VE READ ANY OF RYAN HOLIDAY'S BOOKS, YOU'LL FEEL COMPELLED TO PICK UP THIS ONE. IT'S WIDELY CITED IN ALL HOLIDAY'S WORK AND I NEEDED TO CHECK IT OUT MYSELF. READING THE LESSONS STRAIGHT FROM THE JOURNAL HITS DIFFERENT.



THE ALCHEMIST

PAULO COELHO

TIMELESS CLASSIC. IMPACTS EVERYONE DIFFERENTLY. GRAB THIS ONE AND FIND OUT HOW IT CAN ROCK YOUR WORLD.

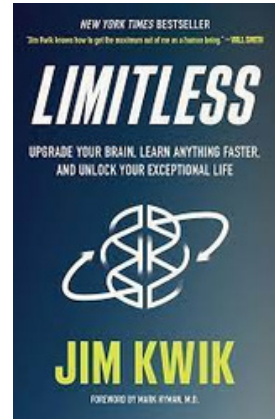


READING LIST

LIMITLESS

JIM KWIK

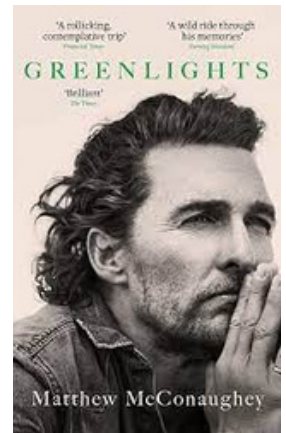
WHILE SPEED READING MAY BE A BIT OVERRATED, THIS BOOK HAS TONS OF VALUE DRIVEN STRATEGIES THAT CAN HELP BOOST YOUR PRODUCTIVITY AND CONFIDENCE.



GREENLIGHTS

MATTHEW MCCONAUGHEY

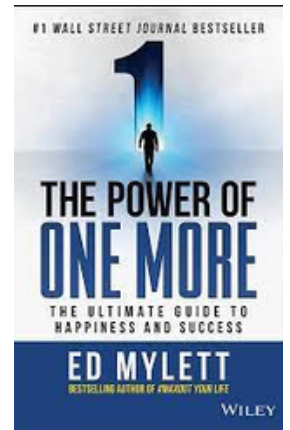
THIS BOOK IS A WORK OF ART. A CANDID MEMOIR THAT TAKES YOU ON A JOURNEY OF SELF-DISCOVERY AND FINDING MEANING IN LIFE. IT'S A BEAUTIFUL BOOK, AESTHETICALLY AND LITERALLY. EVERYONE I RECOMMEND THIS ONE TO LOVES IT. IT'S WORTH FINDING THE PRACTICAL STRATEGIES THAT CAN ADD ELEMENTS TO YOUR LIFE.



THE POWER OF ONE MORE

ED MYLETT

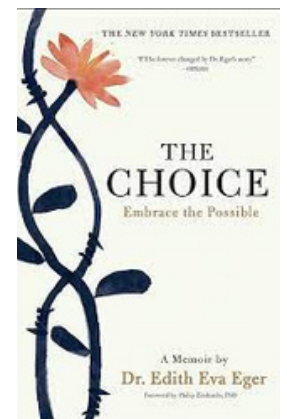
PHENOMENAL PERSONAL DEVELOPMENT BOOK. ED MYLETT BRINGS AN ELEMENT OF POSITIVITY THAT YOU CAN LEVERAGE INTO PRODUCTIVITY ACROSS ALL ASPECTS OF LIFE. THE BOOK TITLE SPEAKS FOR ITSELF, BUT ONLY ONCE YOU OPEN IT AND START READING CAN YOU TRULY COMPREHEND WHAT IT TAKES TO MAKE MEANINGFUL CHANGE.



THE CHOICE

DR. EDITH EVA EGER

A POWERFUL STORY BY VICTOR FRANKL'S PROTEGE AND HOLOCAUST SURVIVOR DR. EDITH EGER. DR. EGER WRITES THIS BOOK IN A WAY THAT GIVES CONTEXT TO ALL TYPES OF TRAUMA. DR EGER PUTS TRAUMA INTO PERSPECTIVE IN A WAY THE READER CAN COMPREHEND HOW EVERYONE STRUGGLES WITH BATTLES, SO BE KIND.



Inside the Inspired

MISC

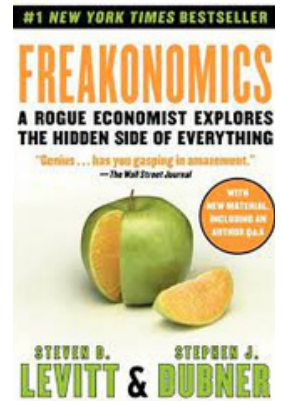
Jonathan Z. Cohen

READING LIST

FREAKONOMICS

STEVEN D. LEVITT & STEPHEN J. DUBNER

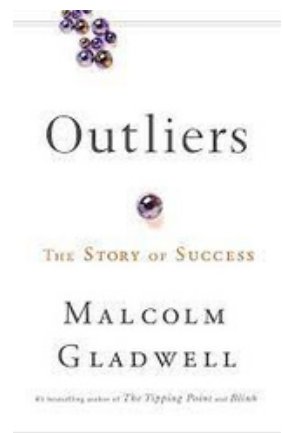
I READ THIS BOOK AS AN ODE TO THE SHOW 'SUITS' BECAUSE MIKE REFERS TO IT IN ONE OF THE EPISODES AND I FELT IF I WANTED TO BE A GOOD LAWYER THAT I SHOULD READ IT. I DIDN'T HAVE TO. HOWEVER, IT SERVES A SENTIMENTAL PURPOSE FOR ME, SO I'M SHARING IT WITH YOU.



OUTLIERS

MALCOLM GLADWELL

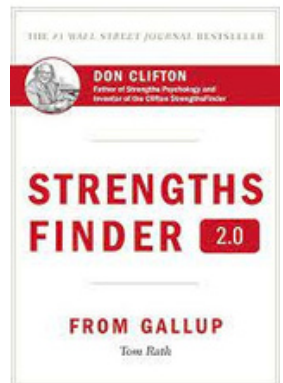
I PICKED UP OUTLIERS TO FINALLY READ SOMETHING BY MALCOLM GLADWELL AND I'M GLAD I DID. PERSPECTIVE ON THE 10,000 HOUR RULE AND WHAT TRULY SETS HIGH PERFORMERS A PART IS REVEALED DIFFERENTLY THAN WE THINK.



STRENGTHS FINDER 2.0

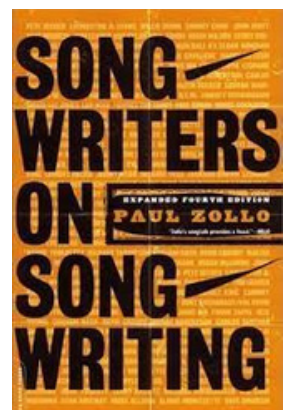
TOM RATH

A MENTOR OF MINE RECOMMENDED THIS TO ME BECAUSE HE KNOWS I'M INTO PROFESSIONAL DEVELOPMENT. BY LEARNING YOUR STRENGTHS, YOU CAN LEVERAGE YOUR INPUTS AND STRATEGIZE ACCORDINGLY. I BELIEVE IT GOES EVEN FURTHER WHEN I TOOK THE TIME TO UNDERSTAND MY VALUES RELATIVE TO MY STRENGTHS. SEE WHAT YOUR TOP 5 ARE. MAY GIVE YOU INSIGHT INTO YOURSELF.



SONG WRITERS ON SONGWRITING PAUL ZOLLO

A SERIES OF INTERVIEWS FROM SOME OF THE MOST ACCOMPLISHED SONGWRITERS ON THE PLANET. I LOVE INTERVIEWS BECAUSE YOU GAIN A LENS INTO SOMEONE'S MIND. A SONGWRITER TALKING ABOUT THEIR CRAFT. FROM CARLOS SANTANA TO BOB DYLAN, YOU'LL GET SOMETHING OUT OF THIS ONE.

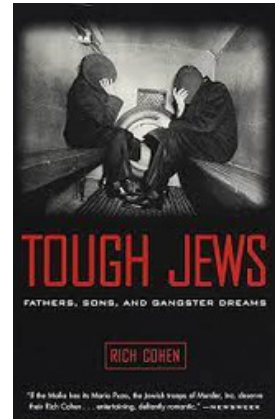


READING LIST

TOUGH JEWS

RICH COHEN

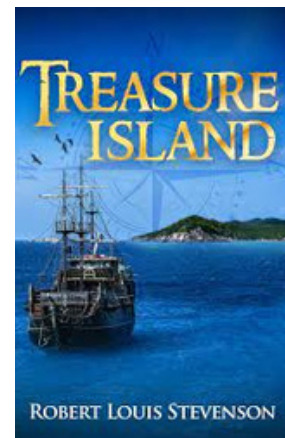
DIDN'T KNOW WHAT I'D BE STEPPING INTO WHEN I PICKED THIS ONE UP. IT WAS A VERY UNIQUE TALE ON THE PERIPHERY OF WARTIME IN NAZI GERMANY. THERE WERE SOME BAD ASS JEWS DOING SOME BAD THINGS IN NEW YORK AT THE SAME TIME. A CAPTIVATING AND IN-DEPTH EXPLORATION OF THE JEWISH GANGSTER SUBCULTURE.



TREASURE ISLAND

ROBERT LOUIS STEVENSON

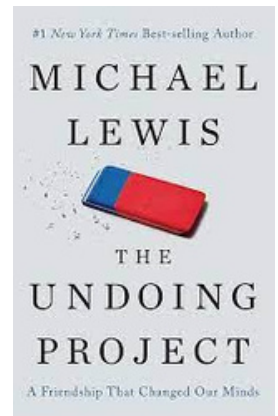
THE IRONY OF THIS PARTICULAR BOOK IS THAT IT SPEARHEADED MY READING JOURNEY POST GRADUATE SCHOOL. I AVOIDED IT FOR YEARS. IT STARED AT ME FROM EVERY CORNER TIL ONE DAY, I PICKED IT UP. THIS BOOK CARRIES A SPIRIT OF NOSTALGIA FOR ME THAT I'M INCLUDING HERE SIMPLY BECAUSE THIS LIST WOULDN'T EXIST WITHOUT IT.



THE UNDOING PROJECT

MICHAEL LEWIS

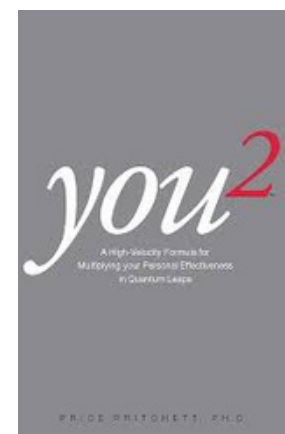
A STORY ABOUT TO ISRAELI MEN WHO CHANGED THE FIELD OF ECONOMICS WITH AN EXTREMELY COMPLICATED FRIENDSHIP. THE FOUNDATION OF BEHAVIORAL ECONOMICS. THIS BOOK GOES IN A DIRECTION YOU DON'T EXPECT, BUT CAN VERY MUCH APPRECIATE.



YOUSQUARED

PRICE PRITCHETT

THIS ESSAY IS A CONCISE AND IMPACTFUL READ. IT INSPIRES READERS TO EMBRACE A NEW LEVEL OF SUCCESS AND ABUNDANCE. A MOTIVATIONAL GEM THAT LEAVES A LASTING IMPRESSION, REMINDING US THAT EXTRAORDINARY ACHIEVEMENTS LIE JUST BEYOND OUR PERCEIVED BOUNDARIES.



Get ready to become an Inspired Reader!

I encourage you to embrace your
obstacles and create opportunity for
yourself!

I hope you found value in the
Inspired Reader Reading list!

To stay up to date with all the latest
content, subscribe to our newsletter
[here!](#)

Until next time,

Stay safe, stay strong, stay mindful...

Jonathan
