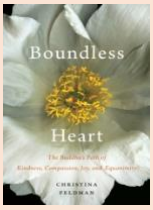
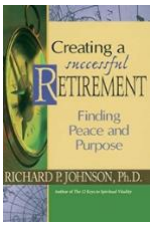
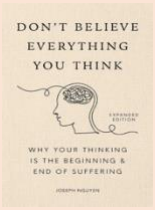
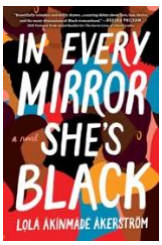
Your Aha! Life Reading List
As of: January 2025

	TITLE	AUTHOR	
1.	**Be Ready When the Luck Happens** *The memoir of Ina Garten, the renowned Barefoot Contessa, offering an intimate look into her journey from a White House budget analyst to a celebrated culinary icon.*	Ina Garten	
2.	**Bits and Pieces: My Mother, My Brother, and Me** *A memoir by Whoopi Goldberg that delves into her early life, highlighting the profound influence of her mother, Emma Johnson, and her brother, Clyde. Goldberg reflects on her upbringing in New York City, the challenges her family faced, and the enduring love and support that shaped her into the multi-award-winning icon she is today.*	Whoopi Goldberg	
3.	**Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy, and Equanimity** *Feldman explores the four "immeasurables" in Buddhism, providing guidance on cultivating equanimity alongside kindness, compassion, and joy.*	Christina Feldman	
4.	**Creating a Successful Retirement: Finding Peace and Purpose** *This book focuses on reframing retirement as an opportunity for spiritual and personal growth, guiding readers toward purpose and fulfillment.*	Richard P. Johnson	
5.	**Don't Believe Everything You Think** *a powerful guide to freeing yourself from limiting beliefs and overthinking. The book provides practical insights and tools to help you let go of mental habits that create unnecessary stress and embrace a life of clarity, peace, and authenticity.*	Joseph Nguyen	
6.	**In Every Mirror She's Black** *A compelling novel that interweaves the lives of three Black women in Sweden, each connected to a prominent white businessman...the novel explores themes of racism, tokenism, fetishization, and the challenges of navigating a predominantly white society.*	Lola Akinmade Akerstrom	

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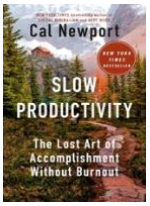
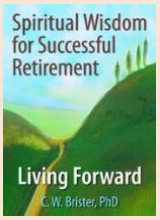
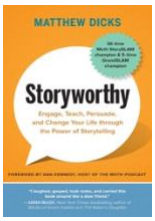
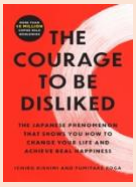
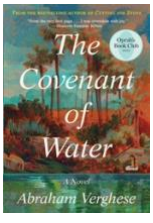
7.	**Micro Activism: How You Can Make a Difference in the World (Without a Bullhorn)** *A practical guide that empowers individuals to engage in meaningful activism tailored to their unique strengths and capacities...small, consistent actions that collectively drive social change.*	Omkari L. Williams	
8.	**Slow Productivity** *Introduces a transformative approach to work that emphasizes achieving meaningful results at a sustainable pace. Newport advocates for focusing on fewer tasks, working at a natural rhythm, and prioritizing quality over quantity to combat the pervasive culture of busyness and prevent burnout.*	Cal Newport	
9.	**Spiritual Wisdom for Successful Retirement: Living Forward** *This guide explores the spiritual and emotional aspects of retirement, offering strategies to adapt to life changes and find purpose.*	James W. Ellor and C.W. Brister	
10.	**Storyworthy** *A five-time Moth GrandSLAM winner and bestselling novelist shows how to tell a great story – and why doing so matters.*	Matthew Dicks and John Glouchevitch	
11.	**The Courage to Be Disliked** *The book explores how to embrace personal freedom, reject the need for approval, and take ownership of your happiness by living authentically in the present.*	Ichiro Kishimi and Fumitake Koga	
12.	**The Covenant of Water** *It's a bestseller that has received lots of praise. An epic story about a family curse – three generations in South India.*	Abraham Verghese	
13.	**The Creative Act: A Way of Being**	Rick Rubin	

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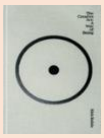
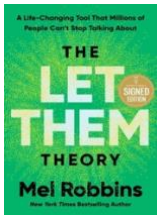
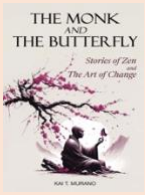
	Renowned music producer, Rick Rubin shares his philosophy on creativity, encouraging readers to embrace openness and flow to unlock their full creative potential.		
14.	**The Let Them Theory** *In this latest release, Robbins introduces the transformative concept of "The Let Them Theory," encouraging readers to embrace a mindset of allowing others to be themselves, which in turn fosters personal freedom and reduces stress.*	Mel Robbins	
15.	**The Monk and the Butterfly** *A poetic and reflective tale that explores the transformative journey of a monk who learns profound life lessons from observing a butterfly. The book delves into themes of impermanence, mindfulness, embracing life's fleeting moments.*	Kai T. Murano	
16.	**The Perfect Story** *Learn how to take any story and make it perfect.*	Karen Eber	
17.	**The War of Art: Break Through the Blocks and Win Your Inner Creative Battles** *The author delves into the internal obstacles that hinder creativity, offering insghts and strategies to overcome resistance and unleash creative potential.*	Steven Pressfield	
18.	**This Was Meant to Find You When You Needed it Most** *If you are hurting, feeling, healing, letting go, starting a new chapter or learning to open your heart again; This book was meant to find you when you needed it most.*	Charlotte Freeman	
19.	**When Things Fall Apart** *How can we live our lives when everything seems to fall apart – when we are continually overcome by fear, anxiety, and pain? The answer, Pema Chodron suggests, might be just the opposite of what you expect.*	Pema Chodron	

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