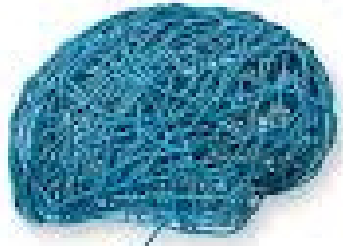


2023 Reading List

This year's most useful new
reads and re-reads

R
/ M

Algorithms to Live By

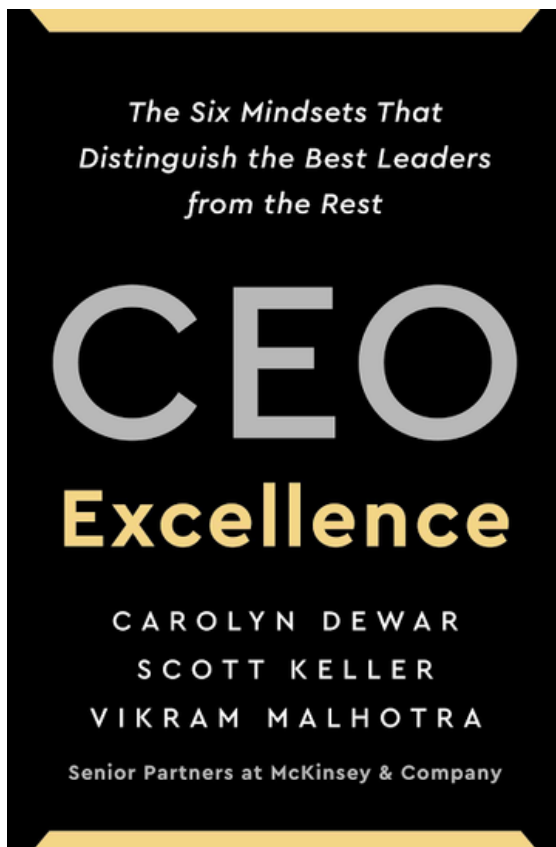


The
COMPUTER SCIENCE
of
HUMAN DECISIONS

Brian Christian and Tom Griffiths

What's been the quality of the decisions I've made so far?
How should I be making decisions going forward?

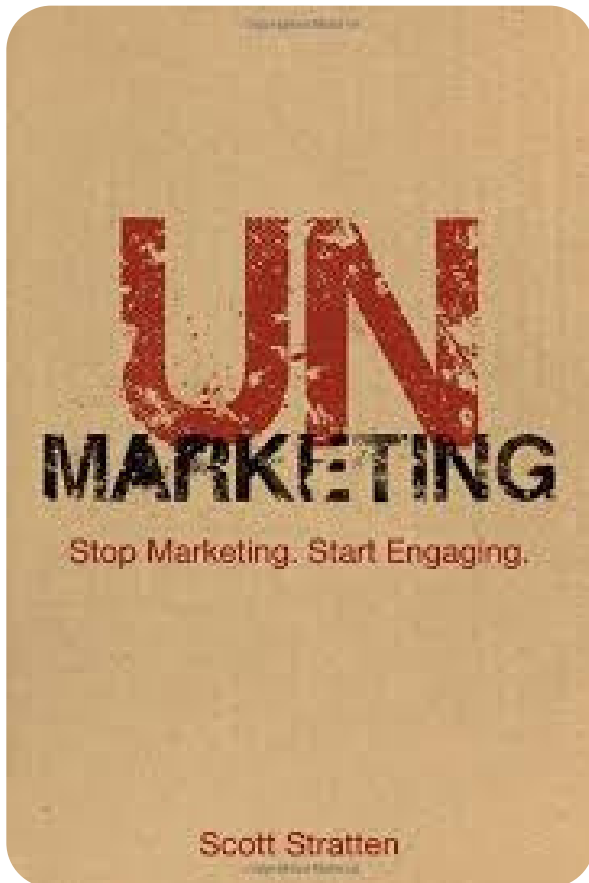
This book helped me think through this and create new frameworks. Algorithms are for all of us!



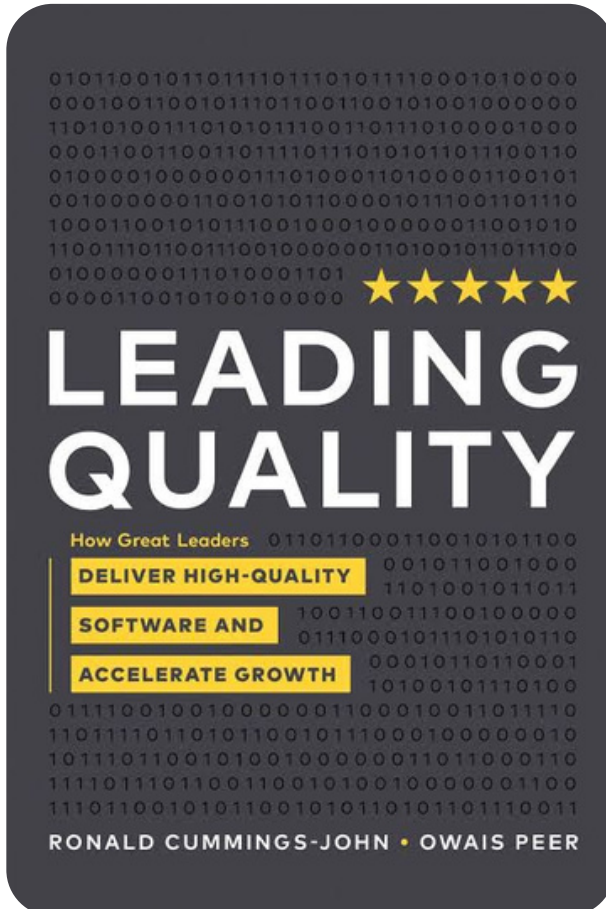
Not everyone is cut out to be a CEO. Leadership is taxing - don't be fooled by the mirage!

And that's the thing, how many CEOs actually want to be leaders versus wanting the power that comes with the title?

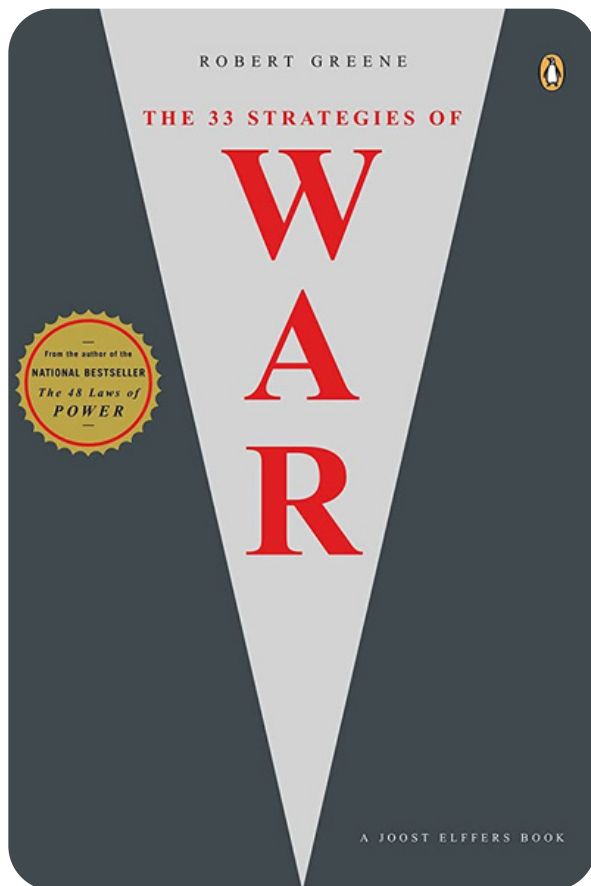
I like books like this to examine what leadership means in the current business context.



When you're building a new product, business or community, the question of how to market it dominates your mind. The world is full of amazing products that failed because of poor marketing. The world is also full of average products that have thrived because of amazing marketing. What's the right strategy at a time when we're all overloaded with marketing?



All successful companies today have an absolute requirement for high quality in an era of customer-determined success. Customers pay for quality products that solve their problems and unmet needs. This book unpacks how to drive organisational focus on delivering quality software.



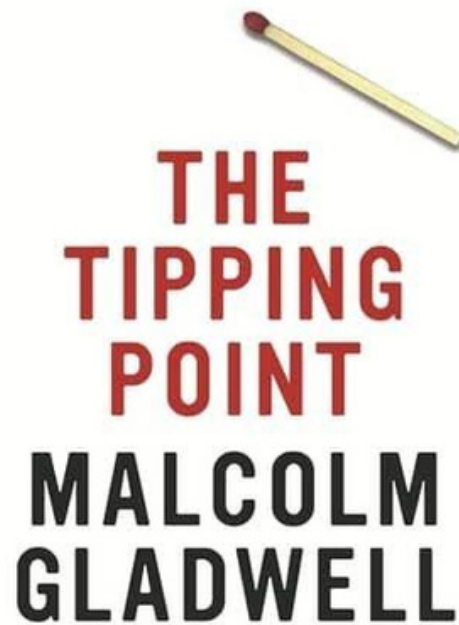
This guy has really grown on me! Reading his books has made me study people and their tactics in closer detail.

For many people, life, business and relationships are a battlefield where they play to win.

If you're not careful, it may be at your expense.

Forewarned is forearmed.

'Intelligent, articulate, thought-provoking'
OBSERVER



HOW LITTLE THINGS CAN
MAKE A BIG DIFFERENCE

The International Number One Bestseller

I revisited this book pretty much for the same reasons as I read "Unmarketing".

It's a deep dive on the social science behind a trend, movement or a revolution.

Marketers, strategists, the media and politicians use these tactics for good and bad agendas.

Question every narrative!

WHAT HAPPENED TO YOU?

CONVERSATIONS ON TRAUMA,
RESILIENCE, AND HEALING



BRUCE D. PERRY, MD, PhD
OPRAH WINFREY

Therapy in book format!
A must-read for parents in particular but really, we all need to understand the message here as T/trauma affects us directly and everyone we interact with.

NATIONAL BESTSELLER

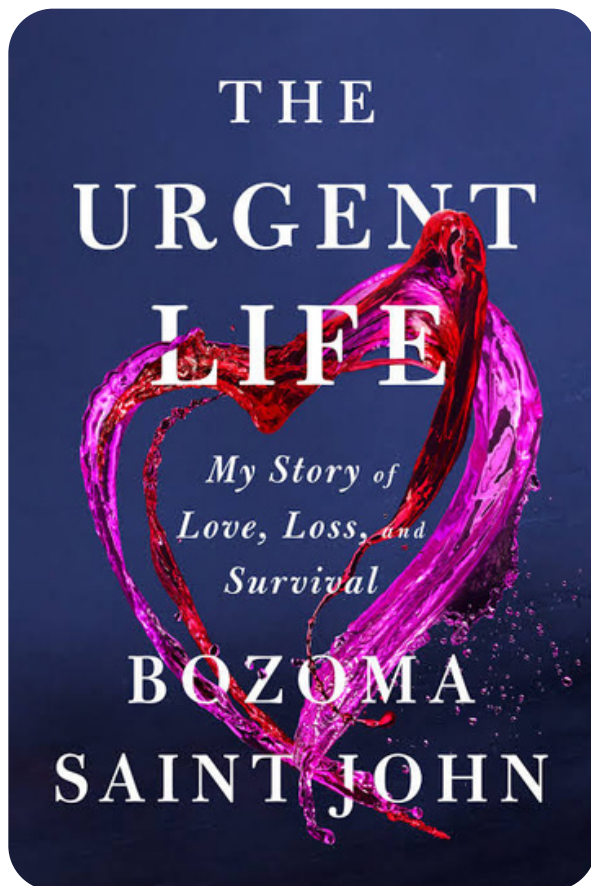
Foreword by LeAnn Rimes

Fast *Like a* Girl

A Woman's Guide to Using the Healing Power of Fasting
to Burn Fat, Boost Energy, and Balance Hormones

DR. MINDY PELZ

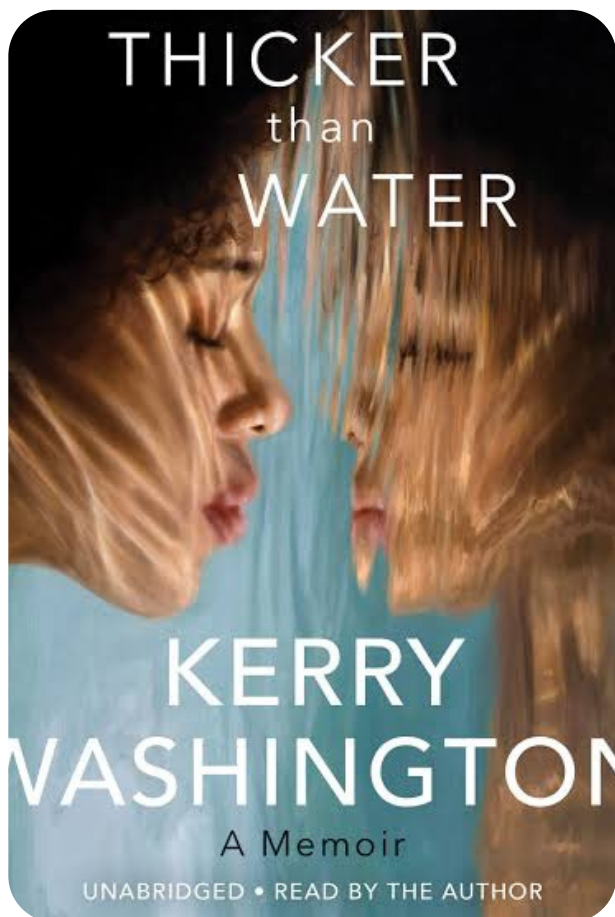
I'm currently experimenting with the different fasting strategies described here, primarily to boost my energy. I'm taking baby steps - I'm still in the 14-36hr fasting range; so far so good! The key is that fasting, like other health interventions, needs to take into account female physiology whereas much of the generic advice out there is based on men.



Bozoma just put it all out there!
I enjoyed this book and found it
brave.

It made me think about why we
share our stories, and what impact
that has.

There is certainly room for a lot
more vulnerability in the world,
and insights from C-suite leaders
about who they are separate to
their corporate success.



I'm saving this one for
December....

I like how Kerry operates with
intentionality across her personal
life and career.

This one will be accompanied by a
very good Red 🍷 and digested at
a slow pace.