

[My favorite books of 2019](#)

[Levels of Energy](#) by Frederick Dodson ([audio version](#)): This book provides an incredibly useful framework for how to view and work with different levels of energy. Especially how to read the energy levels of other people and how to elevate your own level. I highly recommend it and will reread it in the future.

[The Oxygen Advantage](#) by Patrick McKeown ([audio version](#)): This book has been recommended by one of my heroes, [David Allen](#). It's a thorough study of how our respiratory system works, and how we can improve it. It turns out that most of us over-breathe chronically. It prompted me to create a "Breathing" project, to study this topic further and then take appropriate action.

[Atlas Shrugged](#) by Ayn Rand ([audio version](#)): This is a book that keeps getting recommended over and over. Now I understand why. It's long, and well worth it. It's about creativity, communism, and life. I wish there were more Dagny Taggarts, John Galt's and Hank Rearden's in the world.

[Benjamin Franklin: An American Life](#) by Walter Isaacson ([audio version](#)): I read this book inspired by Charlie Munger's admiration for Ben Franklin. I have to say, I was not disappointed at all. The story was well written and I learned a lot: About entrepreneurship, frugality, how to improve one's character, and of course a lot of history. If you like biographies, this is a must-read.

[Nonviolent Communication](#) by Marshall Rosenberg ([audio version](#)): This is another one from the category "I wish I have read this 10 years ago". I'm currently taking a deep dive into Nonviolent Communication and am reading everything by Marshall Rosenberg. If you speak German, I highly recommend [Konflikte lösen durch Gewaltfreie Kommunikation](#) as a starting point. It's in dialogue form and a very light read. If I ever build a school, Nonviolent Communication will be a mandatory skill to learn. It's remarkable how much impact this can have on your happiness and ability to build deep relationships in business and life!

[Poor Charlie's Almanack](#) by Charlie Munger and Peter Kaufman: This is one of the books I wish I had read much sooner, and one I will revisit again. It's a collection of Charlie Munger's talks and a lot of accompanying wisdom. If you are at all interested in the topics we discuss here, this book is a must-have. It's not available on Amazon and must be ordered on the website of [PCA Publications](#). And while you're at it, simply order all the books they offer. You won't be disappointed (and shipping costs per book get cheaper...).

[This is Marketing](#) by Seth Godin ([audio version](#)): Seth Godin is one of my mentors and heroes. I love his thinking and I've read many of his books (and I will read many more). This book is a wonderful summary of how to think about marketing (and business in general) in the current age. It encourages readers to go out there and do great work. If I'd ever publish a "how to create a lifestyle business" curriculum, this book would be required reading (together with [Crush It!](#) by Gary Vaynerchuk and [How to Make \\$100,000 per Year in Passive Income](#) by Chase Andrews).

[100 Baggers](#) by Christopher Mayer ([audio version](#)): An excellent investing book that I plan to re-read. It helps challenge short-term thinking by focusing on long-term compounding. Instead of wasting your energy on finding short-term opportunities, it proposes to spend this energy to find big ones instead. And if you find them, you need to hold them for a long time, as it takes 26 years on average for a 100 bagger to 100x. Here's a great [video summary of the book](#). A great companion book is [Common Stocks and Uncommon Profits](#) by Philip Fisher, which provides a useful 15 point checklist.

[Red Mars](#) by Kim Stanley Robinson ([audio version](#)): This is an enjoyable sci-fi story written in 1992. It described the journey of the first 100 people that colonize Mars. It also goes into great detail about terraforming and building a space elevator. After this book, I am actually quite happy with staying on Earth for the time being. This book is part of a trilogy and I have read them all.

What were your favorites? Let me know on [Twitter](#).

I used to spend significant money on Audible (which I still love and use). Then I discovered [Scribd](#): for just \$8.99/month, you access the whole library. I usually find about 70% of the books I'm looking for. If you [click here](#), you get two months for free.



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