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An Easy & Proven Way to Build Good Habits & Break Bad Ones By: James Clear Narrated by: James Clear Length: 5 hrs and 35 mins Release date: 10-16-18 Language: English 5 out of 5 stars 91,739 ratings Mapping Meaningful Connection and the Language of Human Experience By: Brené Brown Narrated by: Brené Brown Length: 8 hrs and 29 mins Release date: 02-14-22 Language: English 5 out of 5 stars 4,976 ratings A Novel By: James Patterson, Dolly Parton Narrated by: Dolly Parton, Kelsea Ballerini, James Fouhey, Kevin T. Collins, Peter Ganim, Luis Moreno, Soneela Nankani, Ronald Peet, Robert Petkoff, Ella Turenne, Emily Woo Zeller Length: 10 hrs and 19 mins Release date: 03-07-22 Language: English 4.5 out of 5 stars 6,049 ratings A Counterintuitive Approach to Living a Good Life By: Mark Manson Narrated by: Roger Wayne Length: 5 hrs and 17 mins Release date: 09-13-16 Language: English 4.5 out of 5 stars 155,979 ratings Inside the House of Windsor - the Truth and the Turmoil By: Tina Brown Narrated by: Tina Brown Length: 17 hrs and 56 mins Release date: 04-26-22 Language: English 2 out of 5 stars 1 rating Amazon; Alyssa Powell/Insider Amazon Ryland Grace is the sole survivor on a desperate, last-chance mission — and if he fails, humanity and the earth itself will perish.Except that right now, he doesn't know that. He can't even remember his own name, let alone the nature of his assignment or how to complete it.All he knows is that he's been asleep for a very, very long time. And he's just been awakened to find himself millions of miles from home, with nothing but two corpses for company.His crewmates dead, his memories fuzzily returning, Ryland realizes that an impossible task now confronts him. Hurting through space on this tiny ship, it's up to him to puzzle out an impossible scientific mystery — and conquer an extinction-level threat to our species.And with the clock ticking down and the nearest human being light-years away, he's got to do it all alone. Or does he? Amazon In this searing book, Crawford tells the story of coming forward during the state investigation of an elite New England prep school decades after her assault, only to find for the first time evidence that corroborated her memories. Here were depictions of the naive, hardworking girl she'd been, as well as astonishing proof of institutional silencing. The slander, innuendo, and lack of adult concern that Crawford had experienced as a student hadn't been imagined; they were the actions of a school that prized its reputation above anything, even a child.This revelation launched Crawford on an extraordinary inquiry deep into gender, privilege, and power, and the ways shame and guilt are used to silence victims. Insightful, arresting, and beautifully written, "Notes on a Silencing" wrestles with an essential question for our time: what telling of a survivor's story will finally force a remedy? Amazon For David Goggins, childhood was a nightmare — poverty, prejudice, and physical abuse colored his days and haunted his nights. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him The Fittest (Real) Man in America.In "Can't Hurt Me," he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential. Amazon In the wake of the Great Hyperspace Disaster and the heroism of the Jedi, the Republic continues to grow, bringing more worlds together under a single unified banner. Under the leadership of Chancellor Lina Soh, the spirit of unity extends throughout the galaxy, with the Jedi and the newly established Starlight Beacon station at the vanguard.In celebration, the chancellor plans The Republic Fair, a showcase of the possibilities and the peace of the expanding Republic — a peace the Jedi hope to foster. But as the eyes of the galaxy turn toward the Fair, so too does the fury of the Nihil. Their leader, Marchion Ro, is intent on destroying this unity. His storm descends on the pageantry and celebration, sowing chaos and exacting revenge.As the Jedi struggle to curb the carnage of the rampaging Nihil, they come face-to-face with the true fear their enemy plans to unleash across the galaxy — the kind of fear from which even the Force cannot shield them. Amazon Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In "The Body Keeps the Score", he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments — from neurofeedback and meditation to sports, drama, and yoga — that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, "The Body Keeps the Score" exposes the tremendous power of our relationships both to hurt and to heal — and offers new hope for reclaiming lives. Amazon It's November 1991. Nirvana's in the tape deck. George H. W. Bush is in the White House, and movie-obsessed college student Charlie Jordan is in a car with a man who might be a serial killer.Josh Baxter, the man behind the wheel, is a virtual stranger to Charlie. They met at the campus ride board, each looking to share the long drive home to Ohio. Both have good reasons for wanting to get away. For Charlie, it's guilt and grief over the shocking murder of her best friend, who became the third victim of the man known as the Campus Killer. For Josh, it's to help care for his sick father — or so he says.The longer she sits in the passenger seat, the more Charlie notices there's something suspicious about Josh, from the holes in his story about his father to how he doesn't want her to see inside the trunk. As they travel an empty, twisty highway in the dead of night, an increasingly anxious Charlie begins to think she's sharing a car with the Campus Killer. Is Josh truly dangerous? Or is Charlie's jittery mistrust merely a figment of her movie-fueled imagination? Amazon This is how you find yourself.There is a voice of longing inside each woman. We strive so mightily to be good: good partners, daughters, mothers, employees, and friends. We hope all this striving will make us feel alive. Instead, it leaves us feeling weary, stuck, overwhelmed, and underwhelmed. We look at our lives and wonder: Wasn't it all supposed to be more beautiful than this? We quickly silence that question, telling ourselves to be grateful, hiding our discontent — even from ourselves.For many years, Glennon Doyle denied her own discontent. Then, while speaking at a conference, she looked at a woman across the room and fell instantly in love. Three words flooded her mind: There she is. At first, Glennon assumed these words came to her from on high. But she soon realized they had come to her from within. This was her own voice — the one she had buried beneath decades of numbing addictions, cultural conditioning, and institutional allegiances. "Untamed" is both an intimate memoir and a galvanizing wake-up call. It is the story of how one woman learned that a responsible mother is not one who slowly dies for her children, but one who shows them how to fully live. Amazon Poppy and Alex. Alex and Poppy. They have nothing in common. She's a wild child; he wears khakis. She has an insatiable wanderlust; he prefers to stay home with a book. And somehow, ever since a fateful car share home from college many years ago, they are the very best of friends. For most of the year they live far apart — she's in New York City, and he's in their small hometown — but every summer, for a decade, they have taken one glorious week of vacation together.Until two years ago, when they ruined everything. They haven't spoken since.Poppy has everything she should want, but she's stuck in a rut. The last time she was truly happy was on that ill-fated, final trip. And so, she decides to convince her best friend to take one more vacation together — lay everything on the table, make it all right. Miraculously, he agrees.Now she has a week to fix everything. If only she can get around the one big truth that has always stood quietly in the middle of their seemingly perfect relationship. What could possibly go wrong? Amazon What are the most valuable things that everyone should know?In this book, Jordan Peterson provides twelve profound and practical principles for how to live a meaningful life, from setting your house in order before criticizing others to comparing yourself to who you were yesterday, not someone else today. Happiness is a pointless goal, he shows us. Instead, we must search for meaning, not for its own sake, but as a defense against the suffering that is intrinsic to our existence.Drawing on vivid examples from the author's clinical practice and personal life, cutting edge psychology and philosophy, and lessons from humanity's oldest myths and stories, "12 Rules for Life" offers a deeply rewarding antidote to the chaos in our lives: eternal truths applied to our modern problems. Audible Plus is \$7.95/month and Audible Premium is \$14.95 per month. You can compare the Audible plans here.Audible Plus and Audible Premium Plus have a 30-day free trial to most new members that come with one free credit to use on a title of your choice. And since Audible is an Amazon company, Prime members get two credits in their Audible trial as one of their perks.When your trial is over, you'll be automatically charged a monthly subscription fee. You can cancel anytime. What's the difference between Audible Plus and Audible Premium?Both memberships give you unlimited access to select audiobooks, Audible Originals, podcasts, and more.But, only Audible Premium gives you a credit that's good for one title of your choice in the premium selection every month and 30% off all additional premium titles, plus access to exclusive sales. You can toggle between some of the titles in the Premium selection and Plus selection here.Are there other good audiobook services out there?At Insider Reviews, we also like the service Scribd, which is \$10/month for unlimited audiobooks and books. The company also has a joint NYT and Scribd membership for \$12.99/month which can be a very good deal. You can start a free trial here, or find a full review of the service here. Senior Education and Personal Development Reporter, Insider Reviews Mara Leighton is the senior education and personal development reporter for Insider Reviews. In the spring of 2020, Mara spearheaded Insider Reviews' new education beat. She's reported on Yale's most popular course on happiness as well as essential workforce recovery programs, free instructional courses for non-ICU workers on operating mechanical ventilators, and a Johns Hopkins' contact tracing course designed to fill thousands of remote jobs. She's interviewed Google executives, presidential policy committee members, best-selling authors, leading researchers and professors, and NBC's Chuck Todd in her education coverage. She's most interested in personal development, skill-building, industry shifts, and increased accessibility for learners of all ages and socioeconomic backgrounds. Previously, Mara covered e-commerce for Business Insider from 2017-2020. She's written thousands of reviews and explainers, profiled emerging and established D2C companies, blogged through major retail events, and forecasted and analyzed industry trends. She also produced the vertical's weekly newsletter. Say hello at mleighton@businessinsider.com or tweet her @maraleighton. Learn more about how our team of experts tests and reviews products at Insider here. Learn more about how we review educational and personal development products. Read more Read less More: Features IP Roundup Education Education & Personal Development

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