

# Top 13 Books to Transform Your Approach with Mindful Productivity

(and unlock my library - free access to your key insights today)

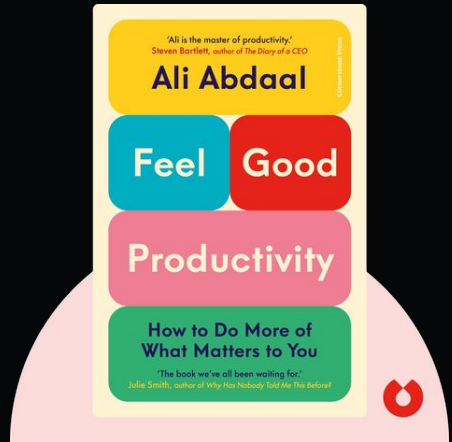
Enhancing Efficiency and Joy through Flexibility, Present Focus, and Smart Technology




# Feel Good Productivity

*by Ali Abdaal*

Feel-Good Productivity (2023) presents an unconventional approach to getting more done: prioritizing enjoyment and well-being. Through the dual lens of science and philosophy, it explains why we struggle with low energy, procrastination, and burnout, then offers a series of fun mini-experiments to help you boost your mood, output, and ultimately, success.



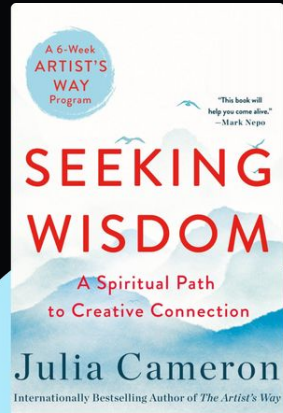
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# Seeking Wisdom

by *Julia Cameron*

Seeking Wisdom (2021) is a six week program for learning the power of creative prayer. Whether you are a blocked artist or an aspiring screenwriter, in these blinks, you'll learn how one's spiritual life can unlock creativity and create a meaningful artistic life.



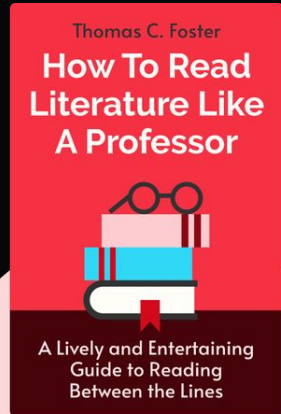
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# How To Read Literature Like A Professor

**Thomas C. Foster**

How to Read Literature Like a Professor (2003) is an accessible and engaging introduction to literary analysis. With illuminating examples drawn from both classic and contemporary literature, these blinks provide readers with the tools they need to detect deeper meaning in any fictional text.



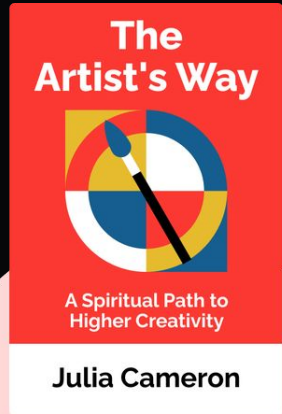
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# The Artist's Way

*by Julia Cameron*

Everyone has the potential to create great art. The problem is, we're often held back by our doubts, past experiences and even the people around us. The Artist's Way (1994) is full of advice about connecting with your artistic side so you can realize your creative dreams.



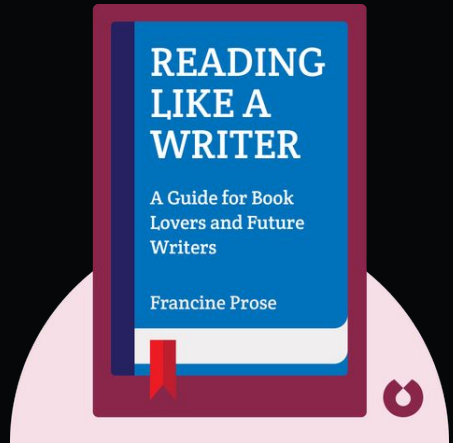
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# Reading Like a Writer

*by Francine Prose*

Reading Like a Writer (2006) shows us how to read literary masterpieces with open eyes. These blinks explain the patterns of writing that make fiction memorable, powerful and authentic, helping us slow down our reading and find more enjoyable experiences in every book.



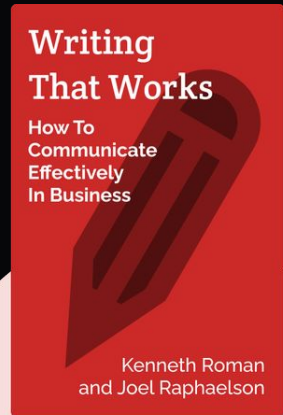
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# Writing That Works

*by Kenneth Roman and Joel Raphaelson*

Writing That Works (1981) is the definitive guide to business writing. These blinks are full of advice on how to write clear, compelling and succinct business communications, covering everything from quarterly reports to presentations, emails and even resumes.



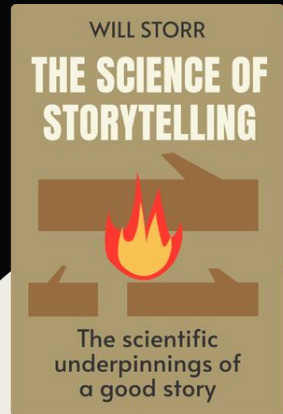
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# The Science of Storytelling

by Will Storr

The Science of Storytelling (2019) shows you how to craft a compelling story using lessons from psychology and neuroscience. These blinks walk you through the steps of creating a narrative that grips your audience by subtly manipulating their brains. From demonstrating how to create a perfectly flawed character to explaining the power of stimulating details, Will Storr reveals the crucial elements that go into building a great story.



[Key insights](#)





# Bird by Bird

*by Anne Lamott*

Told from the personal perspective of author Anne Lamott, Bird by Bird is a guide toward becoming a better writer and improving your life along the way. Lamott's distinctive approach, honesty and personal anecdotes make this book a must for writers or anyone who wants to become one.



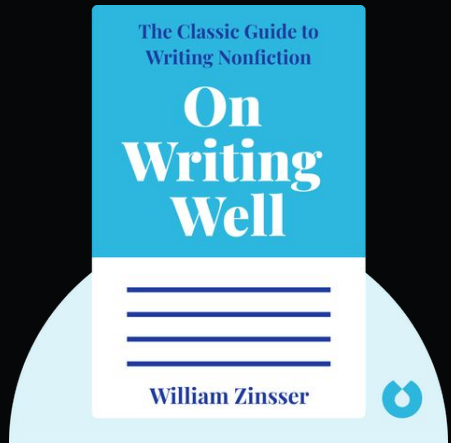
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# On Writing Well

*by William Zinsser*

On Writing Well (1976) by William Zinsser is an indispensable guide to the art and craft of nonfiction writing. Adapted from Zinsser's writing course at Yale University, this handbook introduces the principles of good writing in a warm, accessible way. What's more, it's packed with tips, tricks, and tools for polishing prose to perfection.



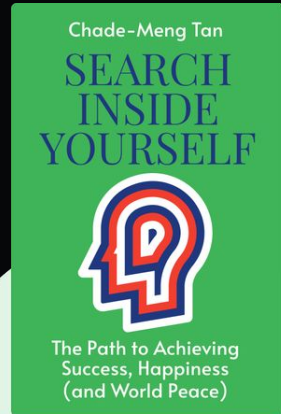
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# Search Inside Yourself

*by Chade-Meng Tan*

Search Inside Yourself (2012) teaches how the power of emotional intelligence and mindfulness can be harnessed to thrive both personally and professionally. Tan's teachings are based on years of research and afford you the opportunity to improve your happiness, creativity and productivity.



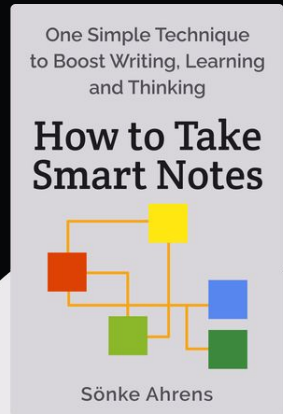
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# How to Take Smart Notes

by *Sönke Ahrens*

How to Take Smart Notes (2017) is exactly that – an explanation of how and why to take smart notes. It explains how this simple, little-known, and often misunderstood technique can aid your thinking, writing, and learning. With the help of smart notes, you may never face the horror of a blank page again.



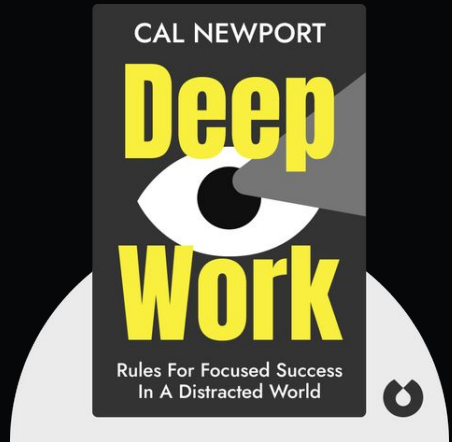
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# Deep Work

*by Cal Newport*

Deep Work (2016) is all about how the rise of technology has wrecked our ability to concentrate deeply on tasks – and how to overcome this blockade. These blinks illustrate different strategies that can help you improve the output of your work and get the most out of your free time.



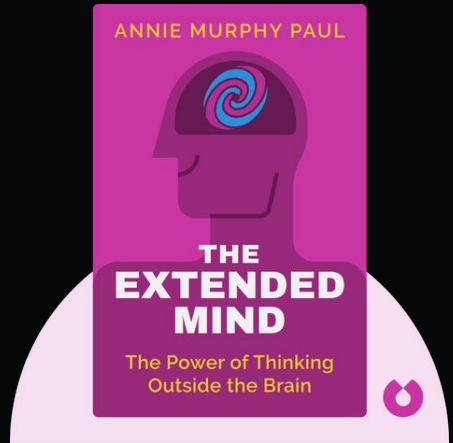
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# The Extended Mind

*by Annie Murphy Paul*

The Extended Mind (2021) is an exploration of the power of thinking outside the confines of your brain. It shows that the path to greater intelligence is not locked within your skull. Rather, it's a path through your body, your environment and your relationships with others..



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