

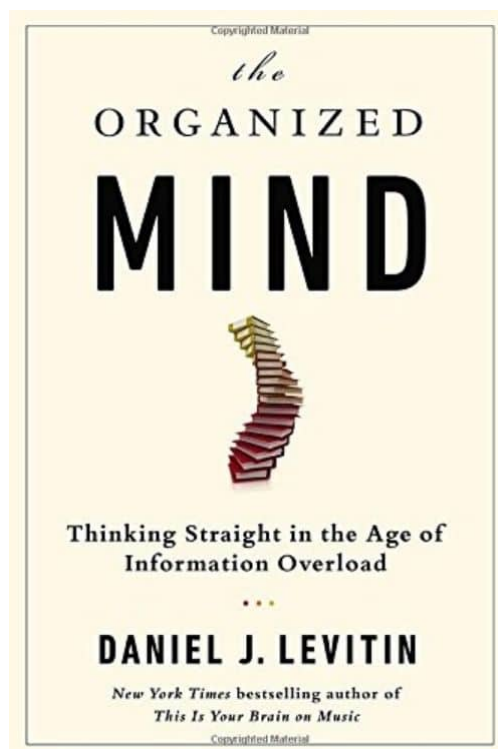


Do you think you need help to organize your life? If you do, you are at the right place. In this article, we are going to read about books that are beneficial for life. Correctly organizing life is very important for your physical and mental well-being. A disorganized life will not only mess up your personal life and mental health but it also affects your professional life and mindset. Read about **5 powerful books to organize your life** and try to apply them in your daily life as much as you can.

5 Powerful Books to Organize Your Life:

1. The Organized Mind - Daniel Levitin
2. The 7 Habits of Highly Effective People - Stephen R. Covey
3. 168 Hours - Laura Vanderkam
4. Get Your Sh*t Together - Sarah Knight
5. Minimalism - Joshua Fields Millburn & Ryan Nicodemus

The Organized Mind - Daniel Levitin



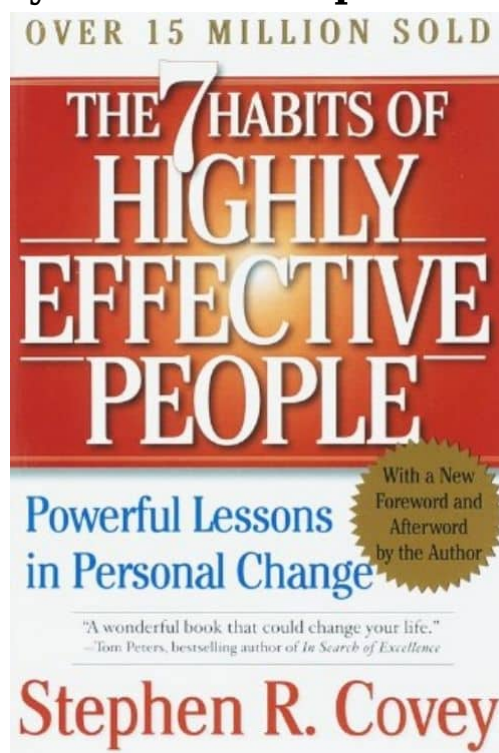


*5 Powerful Books to Organize Your Life - **The Organized Mind - Daniel Levitin***

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When all of us seem to be crashing down, similarly some people are getting accomplished every day. In this book *The Organized Man*, Daniel Levitin talks about the recent brain science to illustrate how these people are crumbling and doing well with their lives. Readers can apply these methods to regain a sense of mastery and finally organize their time and other priorities. Levitin talks about the new research into cognitive neuroscience regarding memory and attention. This will help you to get back on track.

The 7 Habits of Highly Effective People - Stephen R. Covey



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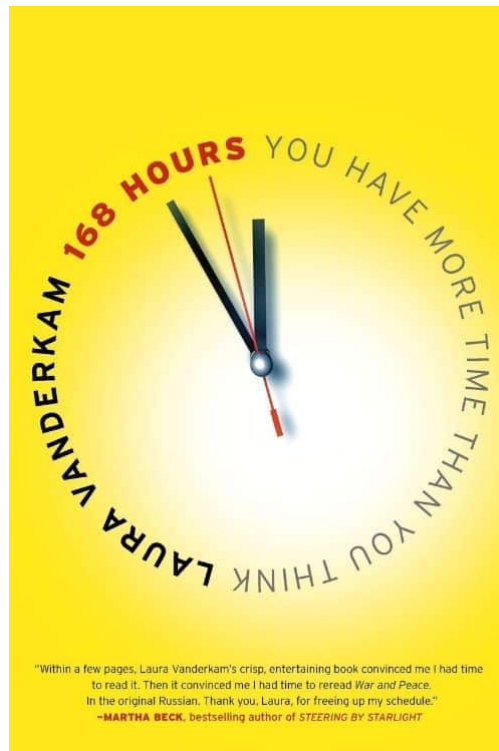
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Stephen Covey elucidates 7 principles that make someone efficient both professionally and personally. This book shows how a character-based and disciplined life ultimately benefits



you to develop healthy relationships and more. The seven habits are about – being proactive, prioritizing goals, short-term objectives, positive mindset, listening for better comprehension, values of relationships, and self-improvement.

168 Hours - Laura Vanderkam



5 Powerful Books to Organize Your Life - 168 Hours - Laura Vanderkam

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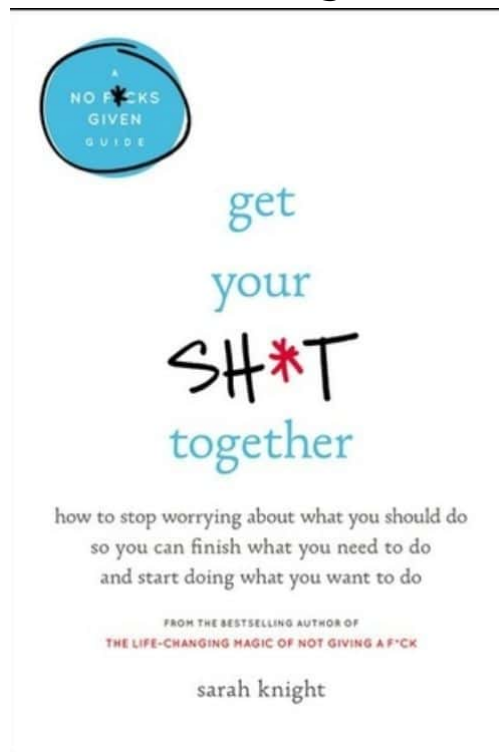
One week consists of 168 hours and this book will guide you on how to make the most out of these hours. It is one overused saying of modern life “I wish I had more time”. We say it before exams, about reading books, about new hobbies, and any new objectives. And we tend to give up because we just don’t have extra numbers in the clock.

After interviewing a few dozen accomplished and happy people, Laura Vanderkam realized that the timetable of these people is quite different from ours. These people make sure that



if they run out of time, it is their lesser priorities suffering, not the necessities. You can also sleep 8 hours daily, work out, and do your work if you eventually set your priorities straight.

Get Your Sh*t Together - Sarah Knight

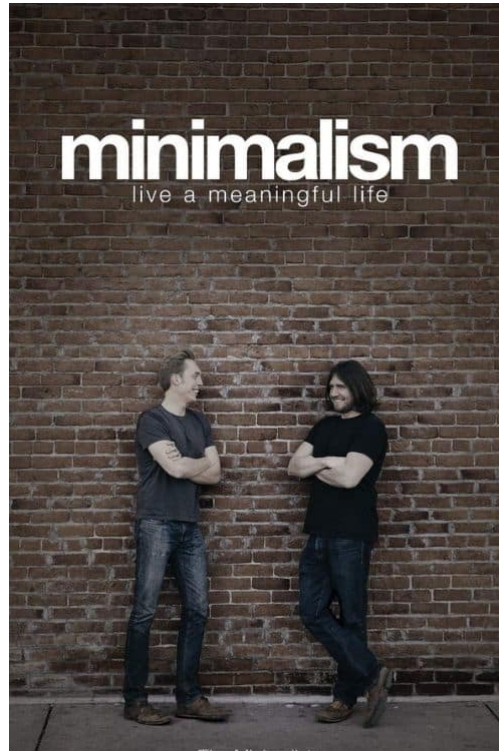


Get Your Sh*t Together - Sarah Knight

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Are you one of those folks who are well aware that they are running out of time and yet they can't get up from the couch? Then this book is definitely for you, especially to comprehend the importance of time. In this book, you will get to know about certain important aspects such as, the power of negative thinking, ways to manage your anxieties, and how to balance work, fun, and savings.

Minimalism - Joshua Fields Millburn & Ryan Nicodemus



*5 Powerful Books to Organize Your Life - **Minimalism - Joshua Fields Millburn & Ryan Nicodemus***

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If you think that you cannot wake up every day being excited about the day, you're wrong. And, Minimalism will prove it to you. This book consists of eight chapters and they will guide you on how to take small actions every day. These small actions will develop the condition of your life rapidly. Minimalism will discuss why we go after materials and yet in contrast materialistic things don't satisfy our needs. The following chapters will explicitly talk about things that encompass a meaningful life - health, passions, growth, relationships, and contribution. The final chapter of Minimalism blends all these five things and asks a few questions. These questions are for you to think about and be aware of.

Also Read: Hormones Responsible for Happiness And How to Hack Them