

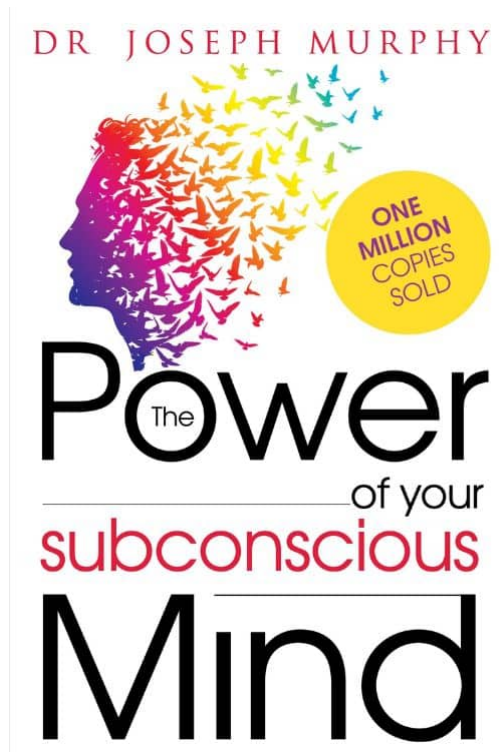


We all wish for a better life and take steps for achieving it. But most of the time our plans fall flat in the process of achieving our targets. The reason behind the failure is lack of planning or lack of execution. We tend to get too superficial about our targets. Sometimes we need an expert advice or a plan which is well researched and tested. Good self help books can be an aid for an individual if used properly. Most of these self-help books are based on scientific explanations, researchers, past experiences or human sociology. A good self-help or self-improvement book can be a game changer in an individual's life. It is like a guide or tool book which can be used for references or for finding a new perspective about life, habits, human behaviour and career in general. So, here are 5 self-help books that can change your life.

5 Self-Help books that can change your life

1. The Power of Your Subconscious Mind by Dr Joseph Murphy
2. Maybe You Should Talk to Someone by Lori Gottlieb
3. The Second Mountain by David Brooks
4. Thinking, Fast and Slow by Daniel Kahneman
5. Think and Grow Rich by Napoleon Hill

The Power of Your Subconscious Mind by Dr Joseph Murphy



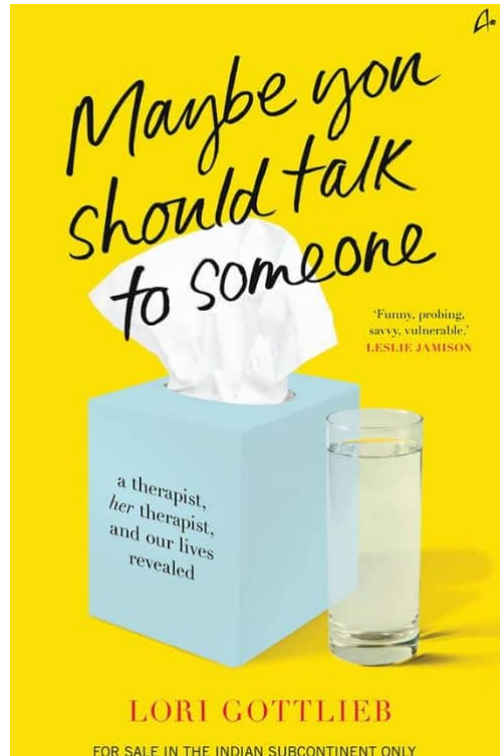
*5 Self-Help Books That Can Change Your Life - **The Power of Your Subconscious Mind**
by Dr Joseph Murphy*

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The Power of Your Subconscious Mind is a landmark book in the self-help book genre. The iconic book was written by Dr Joseph Murphy and was published in 1963. This book changed the self help book industry forever. It is one of the must reads in the self-help genre. The Power of Your Subconscious Mind is a well researched book backed by scientific data, researches and studies. The book talks about the importance and power of our subconscious mind. It connects a relationship between positive thinking and subconscious thinking. The book also talks about spirituality, visualisation, conscious thinking and impact of these factors in an individual's life. It is a simple book from the first glance but has a lot of hidden underlined meanings. The motto of the book is to make you aware about small things, choices and the subconscious which we often ignore. It is a very impactful book and can change your life.



Maybe You Should Talk to Someone by Lori Gottlieb

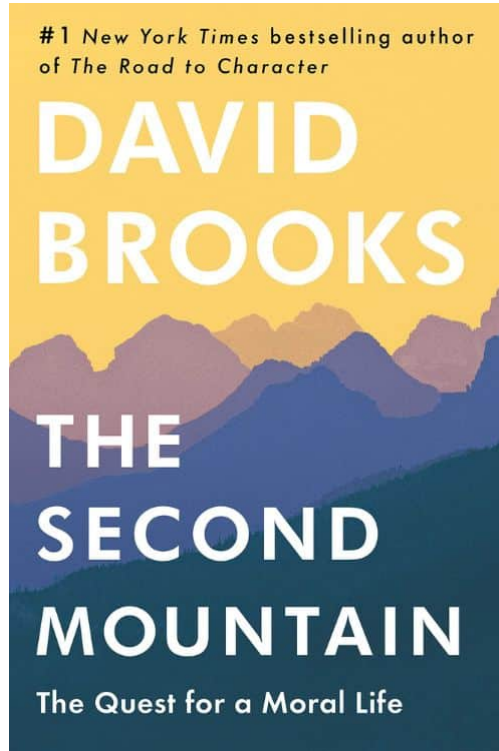


5 Self-Help Books That Can Change Your Life - **Maybe You Should Talk to Someone** by **Lori Gottlieb**

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Maybe You Should Talk to Someone is a memoir by Lori Gottlieb (a psychotherapist) who herself has faced crises in her life. The book explores mental health problems and life crises. The book provides an understanding about the crisis of life and mental health issues. It is a fun book which brilliantly deals with a serious subject and issue. In the book the author gives us an insight about the therapy world. This book has beautiful and impactful lessons. Anyone suffering from any mental health issue or even dealing with mid-life crisis or anxiety should definitely give this book a try.

The Second Mountain by David Brooks

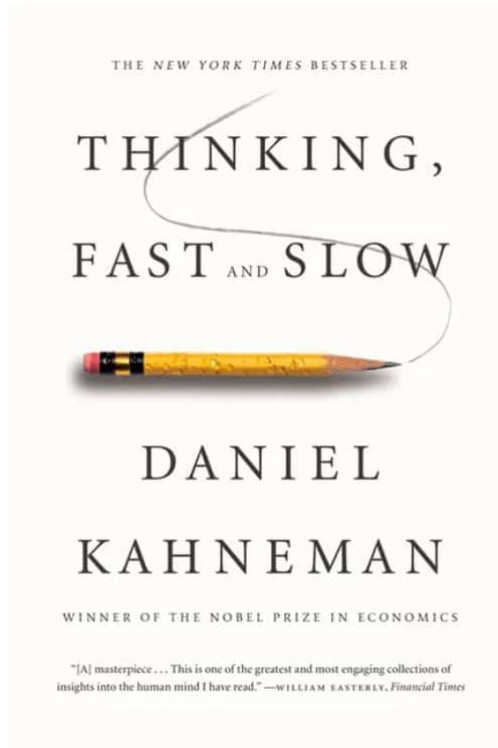


5 Self-Help Books That Can Change Your Life - ***The Second Mountain by David Brooks***

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This (The Second Mountain) is a beautiful and impactful book by writer David Brooks. In the book, the author explores 4 commitments that define the meaning and purpose of life (according to him). The Second Mountain is a book that can help an individual to lead a more meaningful and purposeful life. However, the author also discusses about society, freedom, community and other social issues. Brooks provides social commentary on several important controversial social topics.

Thinking, Fast and Slow by by Daniel Kahneman

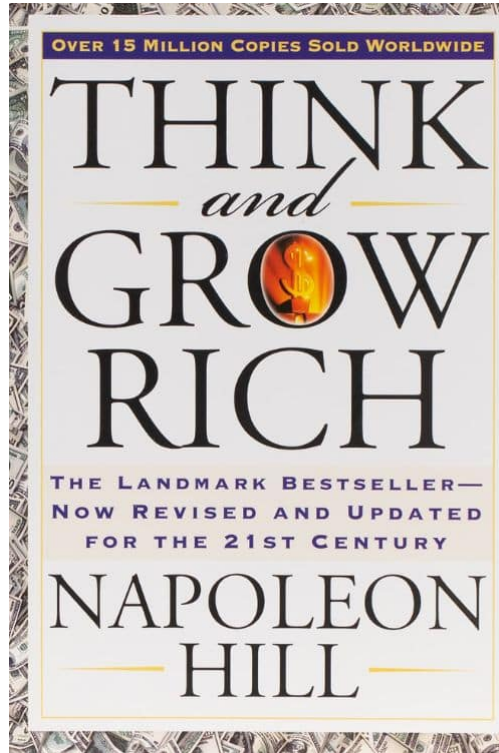


*5 Self-Help Books That Can Change Your Life - **Thinking, Fast and Slow** by Daniel Kahneman*

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It is a highly recommended book where the author explains the basic rules of how the brain functions when we think. Daniel Kahneman explains the two systems of our thinking. The first one is fast, intuitive, and emotional. While the other one (2nd) is slower, more deliberative, and more logical in nature. Kahneman talks about the unimaginable abilities of slow thinking. And also discusses the drawbacks of fast thinking. Thinking, Fast and Slow gives us an idea how one's thinking (fast or slow) can impact the individual's ability of judgement, planning or of taking decisions.

Think and Grow Rich by Napoleon Hill



5 Self-Help Books That Can Change Your Life - **Think and Grow Rich by Napoleon Hill**

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Hill's book 'Think and Grow Rich' is a classic in the self-help genre and is incredibly relevant even in today's time. The book is known for the iconic 13 principles of personal achievement given in the book. The best seller was published decades ago but is still believed to be one of the most impactful books out there. Napoleon Hill's old school philosophy of positive thinking and its specific steps for achieving wealth is still relevant. If you haven't read this classic then do give it a try. It has been a life changing book for many.

Also Read: What You Do Today Can Improve All Your Tomorrows