THE ABUNDANCE AWAKENING

Reading List

Where to go deeper —
and how to read without collecting shelves

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Important notice

Please read before you begin

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A warning before the list

Read less than you want to

Chapter One of the Awakening Guide argued that most people who feel stuck with money are carrying a library of unused advice. It would be a strange thing to hand you another shelf without saying so plainly.

So: read one of these. Finish it slowly. Take one practice out of it and run that practice for a month before opening the next. A single book applied beats nine books absorbed, by an enormous margin.

> **Note on the list**
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> These are independent works by other authors, listed here as suggestions only. They are not included with your purchase, are not affiliated with this material, and we receive nothing from them. Look for them at your library first.

On the behaviour of money

The Psychology of Money — Morgan Housel

Short essays on why sensible people make strange financial decisions. The most useful starting point on this list if you only read one, because it treats money as behaviour rather than mathematics.

Your Money or Your Life — Vicki Robin & Joe Dominguez

A structured programme connecting spending to the hours of life it costs. Dated in places, and the central exercise remains one of the most clarifying in the field.

I Will Teach You to Be Rich — Ramit Sethi

Blunt, practical and unromantic about automation. Useful precisely where this material is deliberately quiet: the mechanics of accounts, transfers and systems.

On scarcity and attention

Scarcity — Sendhil Mullainathan & Eldar Shafir

The research behind Chapter Four. Explains why financial pressure narrows attention, and why that narrowing is physiology rather than character. Dense but worth it.

Thinking, Fast and Slow — Daniel Kahneman

The foundational text on how decisions are actually made. Long. Read the first half and stop without guilt — most of the applicable material is there.

On building habits

Atomic Habits — James Clear

The clearest available treatment of anchoring, shrinking and never missing twice — the three rules Chapter Eight depends on. If Day 7 of the plan is where you struggle, read this one.

Tiny Habits — BJ Fogg

Makes the case for practices so small they feel absurd. A useful corrective if you keep designing routines that are too ambitious to survive an ordinary week.

On enough

Enough — John C. Bogle

A short book on defining a destination, written by someone with every reason not to. Pairs directly with Chapter Five.

The Second Mountain — David Brooks

Not a money book. Included because the question underneath Day 4 — *enough for what?* — is eventually not a financial question at all.

One book, read slowly, with one practice taken from it.
Then, a month later, the next.