

The following are books I read in 2022. If it made it to this list, it is because I enjoyed it or learned something interesting or valuable. If it did not make it to this list, then I have taken the liberty to spare you the time and energy.

Art:

The Art of Buying Art, Alan Bamberger, 2002

Slightly dated, but I enjoyed it and found it very informative.

Biography:

The Business of Tomorrow: The Visionary Life of Harry Guggenheim: From Aviation and Rocketry to the Creation of an Art Dynasty, Dirk Smilie, 2021

In no uncertain terms, an American visionary and hero!

Too Much and Never Enough, Mary L. Trump, PHD, 2020

Well, I suppose, I will read most anything. I will leave it at that.

Finance and Global Economics:

Principles for Dealing with a Changing World Order, Ray Dalio, 2021

This book synthesizes the history of Capitalism in a well written and captivating fashion.

Capital, Thomas Piketty, 2013

Given the very long and documented history of French capital, this book offers an interesting perspective on how capital is accumulated and what this means for economies as they mature. I found the book applicable regarding what is going on in the US economy and the ever-expanding wealth gap.

The Bitcoin Standard, Saifedean Ammous, 2018

In no uncertain terms, I am not recommending or endorsing Bitcoin. This said, this is the best explanation of Bitcoin I have come across.

Geopolitics:

The End of the World is Just Beginning, Peter Zeihan, 2022.

Horribly written, but incredibly interesting. You have been warned.

Human Behavior:

Extraordinary Popular Delusions and The Madness of Crowds, Charles Mackay, Originally Published in 1841

A classic for the ages. Written in 1841, but the same phenomenon still exists today.

Leadership:

The Ride of a Lifetime, Robert Iger, March 24, 2015

I truly enjoyed everything about this book. Bob Iger was and is an incredible CEO.

Health:

Fast This Way, Dave Asprey, 2021

The Science and Technology of Growing Young, Sergey Young, 2021

Breath, James Nestor, 2020

Superhuman, Dave Asprey, 2019

The Way of the Iceman, Wim Hof, 2015

Transcend, Nine Steps to Living Forever, Ray Kurzweil, Terry Grossman, MD, 2010

I love longevity science. All the above, I highly recommend!

Self-Help

Life is Messy, Mathew Kelly, 2021

Makes you become a little introspective. Life is Messy was originally written as a journal, then reformatted into a book. I enjoyed it. Easy and quick read.

12 Rules for Life, Jordan B Peterson, 2018

Jordan Peterson is incredibly well thought out. He is an interesting individual on several fronts. I did not agree with everything he had to say, but I agreed with more than I disagreed.

Seven Habits of Highly Effective Teens, Sean Covey, 1998

My daughter, Victoria, and I agreed to read sections of the book over a few weeks followed by weekly check-ins. Granted, having read *Seven Habits of Highly Effective People* more than 20 years ago, I read this book more for my daughter than myself, but it was an excellent way for us to connect over something she found very useful.

In case you missed it, the following are my book recommendations from 2021:

Fiction:

The Unincorporated Man, Dani Kollin & Eytan Kollin, Published March 31, 2009

Interesting how a 12-year-old book still resonates (loudly) in 2021.

Finance and Global Economics:

Good Economics for Hard Times, Abhijit V Banerjee & Esther Duflo, Published November 12, 2019

This is a compelling read and focuses on issues like how the wealth gap was created and potential solutions to solve it and other issues facing our economy and the global economic system.

Memoir:

The Choice, Dr. Edith Eva Eger, Published September 5, 2017

Dr. Eger is one of the world's last Holocaust survivors and she shares a remarkable story about resilience and the choices we make in our lives. It is a heartfelt and compelling story I truly enjoyed.

Self-Help:

Strength in Stillness, The Power of Transcendental Meditation, Bob Roth, Published February 6, 2018

Over the last several years, everywhere I turned I was reading our hearing about Transcendental Meditation (TM) so I decided to learn about it. Bob Roth is a leading teacher in the practice of TM and offers a great explanation of what it entails.

Change Your Thoughts, Change Your Life, Dr. Wayne W. Dyer, Published July 1, 2007

A quick, simple and uplifting read. Highly recommend.

Science of Being and Art of Living, Maharishi Mahesh Yogi, originally published in 1963

As indicated above, TM has caught my attention for quite some time given notables like Ray Dalio, Tom "Seven Rings" Brady, Oprah Winfrey and Jerry Seinfeld all practice TM. My curiosity got the best of me and last year I enrolled in a course to learn TM (tm.org) and I am very happy I did.

Sociology:

Chasing the Scream, Johann Hari, Published January 15, 2015

The author shares a historical perspective encompassing the earliest to modern day war on drugs and an examination of the criminalization surrounding it. I walked away with an added if not different perspective regarding the war on drugs and how society can help individuals with addiction problems.

Sincerely,

Joe