

MUST READ LIST:

Psychology / neuroscience

“The Mismeasure of Man” Stephen Jay Gould

“The Feeling of What Happens” Antonio Damasio

“The Mind of Primitive Man” Franz Boas

“Mind and Nature, A Necessary Unity” Gregory Bateson

“The Triune Brain in Evolution” Paul D. Maclean

Anthropology / social sciences

“Homo Ludens” Johan Huizinga

“The Original Affluent Society” Marshall Sahlins

“Growing Young” Ashley Mongtagu

“Coming of Age in Somoa” Margaret Mead

"The Creation" by E.O. Wilson

Motivational / inspirational

“Make the Big Time Where You Are” Frosty Westering

“Your Erroneous Zones” Wayne Dyer

Health & Physical Performance

“Nutrition and Physical Degeneration" by Weston Andrew Price

“How to Eat, Move, and Be Healthy” Paul Chek

[“Play as if Your Life Depends on it” Frank Forencich](#)

“Why Zebras Don’t Get Ulcers” Robert Sapolsky