



# In The Loupe

## Recommended Reading List

In The Loupe has been influenced by my experiences as a dentist and over one hundred personal development books, read over several years. A few books are mentioned within my pages but I wanted to share a few more that have had a significant impact on my writing. The list below is by no means exhaustive, but it does provide a few recommended areas for further reading.

### **1. How to find your purpose**

[Start With Why - Simon Sinek](#)

[Man's Search for Meaning - Viktor Frankl](#)

[Ikigai - Hector Garcia](#)

[Dare to Lead - Brené Brown](#)

### **2. How to give your life direction**

[The Practice - Seth Godin](#)

[The Infinite Game - Simon Sinek](#)

[The 7 Habits of Highly Effective People - Stephen Covey](#)

### **3. How to harness the power of habits**

[The Antidote - Oliver Burkeman](#)

[Atomic Habits - James Clear](#)

[Being Unstoppable - Ferhan Ahmed](#)

### **4. How to find and take opportunities**

[When - Daniel H. Pink](#)

[The Luck Factor - Richard Wiseman](#)

[Range - David Epstein](#)

## **5. How to practise without fear**

Black Box Thinking - Matthew Syed

Becoming Bulletproof - Eve Poumpouras

The Stress-Proof Brain - Melanie Greenberg

## **6. How to supercharge your growth**

Flow - Mihaly Csikszentmihalyi

Thinking Fast and Slow - Daniel Kahneman

The Chimp Paradox - Professor Steve Peters

Drive - Daniel H. Pink

The Dip - Seth Godin

Peak Performance - Brad Stulberg & Steve Magness

Why We Sleep - Matthew Walker

## **7. How to begin to understand mental health**

The Light in The Dark - Horatio Clare

How Not To Be a Boy - Robert Webb

Psycho-Logical - Dean Burnett

## **8. How to strengthen your mental wellbeing**

The Art of Happiness - The Dalai Lama

Resilience and Well-being for Dental Professionals - Mahrukh Khwaja

## **9. How to establish the right work-life balance**

Four Thousand Weeks - Oliver Burkeman

Deep Work - Cal Newport

[www.hustleandhush.com](http://www.hustleandhush.com)

## **10. How to thrive in dentistry**

Rebel Ideas - Matthew Syed

How We Learn - Benedict Carey

Tribes - Seth Godin

Steal Like an Artist - Austin Kleon

## **11. How to communicate effectively**

Don't Wait for the Tooth Fairy - Ashley Latter

You Are Worth It - Ashley Latter

To Sell is Human - Daniel H. Pink

How to Win Friends and Influence People - Dale Carnegie

## **12. How to flourish in a community**

Sapiens - Yuval Noah Harari

Act Like a Leader, Think Like a Leader - Herminia Ibarra

High Performance - Jake Humphrey & Damian Hughes