

Grooving: 2019 Reading List

Kurt and Tim like to read about behavioral science and a variety of related fields. To help those interested in the subject, but unsure how to pick good books to either get started or advance their learning, our 2019 Top 10 Reading List should help. Our Top 10 list is really a Top 9, since both Kurt and Tim already had one of the books on both of their lists. But we also go beyond that list with some honorable mentions (that could have easily been swapped for some of our top choices), as well as a short list of fiction and poetry for your review.

We hope you enjoy this year's list and encourage you to let us know your thoughts about it. Did we nail the top picks? Did we miss some? What's on your reading list for 2020? Who do you think should be a guest on Behavioral Grooves in 2020? Let us know. We'd love to hear from you.

Kurt's Best Non-Fiction Books

John Bargh, "Before You Know It" <https://www.simonandschuster.com/books/Before-You-Know-It/John-Bargh/9781501101229>

Yuval Noah Harari, "Sapiens" <https://www.ynharari.com/book/sapiens/>

Michael Mauboussin, "Think Twice" <http://michaelmauboussin.com/books.html>

Wendy Wood, "Good Habits, Bad Habits" <https://us.macmillan.com/books/9781250159076>

Tim's Best Non-Fiction Books

Rory Sutherland, "Alchemy" <https://www.harpercollins.com/9780062388414/alchemy/>

Franz de Waal, "Mama's Last Hug" <https://wwnorton.com/books/9780393635065>

Francesca Gino, "Rebel Talent" <https://www.rebeltalents.org/>

Roger Dooley, "Friction" (on Kurt's AND Tim's lists) <https://www.rogerdooley.com/books/friction/>

Alan B. Krueger, "Rockonomics" <https://www.penguinrandomhouse.com/books/564519/rockonomics-by-alan-b-krueger/>

Honorable Mentions

Honorable mentions for really great books that you should be aware of. Virtually any of these could have made our Top 10 list.

Nir Eyal, "Indistractable" <https://www.nirandfar.com/indistractable/>

Daniel Pink, "When" <https://www.danpink.com/>

Daniel Levitin, “The Organized Mind” <http://www.daniellevitin.com/theorganizedmind/>

Liliana Mason, “Uncivil Agreement” <https://www.goodreads.com/book/show/36100653-uncivil-agreement>

Tali Sharot, “The Influential Mind” <https://us.macmillan.com/books/9781627792653>

And since we have had great guests with great books in 2019 (we love them and their work), we want to refer you to these authors and titles:

Brian Ahearn, “Influence PEOPLE: Powerful Everyday Opportunities to Persuade that are Lasting and Ethical” <https://www.amazon.com/Influence-PEOPLE-Powerful-Everyday-Opportunities/dp/1733178503>

Ori Brafman, “The Spider and the Starfish” <https://www.amazon.com/spider-starfish/s?k=the+spider+and+the+starfish>

Liz Fosslein, “No Hard Feelings” <https://www.penguinrandomhouse.com/books/564051/no-hard-feelings-by-liz-fosslien-and-mollie-west-duffy/>

Will Leach, “Marketing to Mindstates” <https://www.will-leach.com/book>

Stephen Martin & Joseph Marks, “Messengers” <https://www.publicaffairsbooks.com/titles/stephen-martin/messengers/9781541724396/>

Amit Sood, “Guide to Stress-Free Living” https://marketplace.mayoclinic.com/shop/healthy-lifestyle/book/mayo-clinic-guide-to-stress-free-living_294600

Tim’s Non-Fiction List

We didn’t speak to these on the podcast, because we were most interested in addressing behavioral science books. However, Tim is also an avid reader of fiction and poetry. Tim wanted to mention some books he’s read (or re-read) this year that were particularly rewarding.

Madeline Miller, “Circe” <http://madelinemiller.com/circe/>

John Updike, “Rabbit is Rich” <https://www.penguinrandomhouse.com/books/181928/rabbit-is-rich-by-john-updike/>

David Whyte, “Everything is Waiting for You” <https://www.davidwhyte.com/english-poetry>

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