

Mohnish's Bookshelf

Books on Balance between Work, Play, Family Friends, Learning

- 1 100 Plus: How the Coming Age of Longevity Will Change Everything, From Careers and Relationships to Family and Faith by Sonia Arrison [Details](#)
- 2 A Curious Mind: The Secret to a Bigger Life by Brian Grazer [Details](#)
- 3 A Practical Guide to Holistic Health by Swami Rama [Details](#)
- 4 A Simple Act of Gratitude: How Learning to Say Thank You Changed My Life by John Kralik [Details](#)
- 5 A Year with Rumi: Daily Readings by Coleman Barks [Details](#)
- 6 Autobiography of a Yogi (Self-Realization Fellowship) by Paramahansa Yogananda [Details](#)
- 7 Autobiography or the Story of My Experiments with Truth by M.K. Gandhi [Details](#)
- 8 Being Mortal: Medicine and What Matters in the End by Atul Gawande [Details](#)
- 9 Book of Life : Daily Meditations with Krishnamurti by Jiddu Krishnamurti [Details](#)
- 10 Cannibals and Kings : The Origins of Cultures by Marvin Harris [Details](#)
- 11 Championship Racquetball by Fran Davis, Jason Mannino [Details](#)
- 12 Clicking: 16 Trends to Future Fit Your Life, Your Work, and Your Business by Faith Popcorn and Lys Marigold [Details](#)
- 13 Cows, Pigs, Wars & Witches : The Riddles of Culture by Marvin Harris [Details](#)
- 14 Creating the Work You Love: Courage, Commitment and Career by Rick Jarow [Details](#)
- 15 Decisive: How to Make Better Choices in Life and Work by Chip Heath [Details](#)
- 16 Does Death Really Exist? by Swami Muktananda [Details](#)
- 17 Education and the Significance of Life by Jiddu Krishnamurti [Details](#)
- 18 Essays in Persuasion by John Maynard Keynes [Details](#)
- 19 Excellent Sheep: The Miseducation of the American Elite and the Way to a Meaningful Life by William Deresiewicz [Details](#)
- 20 Field Guide to the American Teenager: A Parent's Companion by Joseph Di Prisco, Michael. Riera [Details](#)

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- 21 Finding Flow: The Psychology of Engagement With Everyday Life (Masterminds Series) by Mihaly Csikszentmihalyi [Details](#)
- 22 Flow: The Psychology of Optimal Experience by Mihaly Csikszentmihalyi [Details](#)
- 23 Forgiveness: The Greatest Healer of All by Gerald G. Jampolsky, M.D. [Details](#)
- 24 Game Plan by Bob Buford [Details](#)
- 25 Growing Within: Psychology of Inner Development by A.S. Dalal, Sri Aurobindo [Details](#)
- 26 Halftime: Changing Your Life Plan From Success to Significance by Bob Buford [Details](#)
- 27 Happy Money: The Science of Smarter Spending by Elizabeth Dunn and Michael Norton [Details](#)
- 28 Hindsight by Guy Kawasaki [Details](#)
(Great Book. Guy is one of my favorite authors. CEO of garage.com.)
- 29 How Children Succeed: Grit, Curiosity, and the Hidden Power of Character by Paul Tough [Details](#)
- 30 How Good Do We Have To Be? By Harold S. Kushner [Details](#)
- 31 How Proust Can Change Your Life by Alain De Botton [Details](#)
- 32 How to Use Yoga by Mira Mehta [Details](#)
- 33 How Will You Measure Your Life? by Clayton M. Christensen, James Allworth, Karen Dillon [Details](#)
- 34 How You Stand, How You Move, How You Live: Learning the Alexander Technique to Explore your Mind-Body Connection and Achieve Self-Mastery by Missy Vineyard [Details](#)
- 35 Humorists: From Hogarth to Noel Coward by Paul Johnson [Details](#)
- 36 I Will Teach You To Be Rich by Ramit Sethi [Details](#)
- 37 If I Live to Be 100: Lessons from the Centenarians by Neenah Ellis [Details](#)
- 38 In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness by Peter A. Levin [Details](#)
- 39 Inner Treasures by Swami Chidvilasananda [Details](#)
- 40 It's Not About the Money: Unlock Your Money Type to Achieve Spiritual and Financial Abundance by Brent Kessel [Details](#)

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- 41 Learn Something New Every Day: 365 Facts to Fulfill Your Life by Kee Malesky [Details](#)
- 42 Lectures on Yoga by Swami Rama [Details](#)
- 43 Less Is More: An Anthology of Ancient & Modern Voices Raised in Praise of Simplicity by Goldian VandenBroeck [Details](#)
- 44 Letters from a Self-Made Merchant to His Son by George Horace Lorimer [Details](#)
- 45 Life Is What You Make It: Find Your Own Path to Fulfillment by Peter Buffett [Details](#)
- 46 Living With the Himalayan Masters by Swami Rama [Details](#)
- 47 Making Sense of It All by Thomas V. Morris [Details](#)
- 48 Mars and Venus in Love by Dr. John Gray [Details](#)
- 49 Meditation and Its Practice by Swami Rama [Details](#)
- 50 Meeting Life: Writings and Talks on Finding Your Path Without Retreating from Society by Jiddu Krish [Details](#)
- 51 Men Are from Mars, Women Are from Venus by Dr. John Gray [Details](#)
(If you're a man and married, read and follow this book. Very helpful.)
- 52 Money and the Meaning of Life by Jacob Needleman [Details](#)
- 53 Morrie In His Own Words: Life Wisdom from a Remarkable Man by Morrie Schwartz [Details](#)
- 54 My Life in My Words by Rabindranath Tagore [Details](#)
- 55 No Enemies, No Hatred: Selected Essays and Poems by Xiaobo Liu, Perry Link, Tienchi Martin-Liao [Details](#)
- 56 Not Fade Away by Laurence Shames, Peter Barton [Details](#)
- 57 On a Life Well Spent by Cicero [Details](#)
- 58 On Fear by Jiddu Krishnamurti [Details](#)
- 59 On God by Jiddu Krishnamurti [Details](#)
- 60 On Love and Loneliness by Jiddu Krishnamurti [Details](#)
- 61 On Relationship by Jiddu Krishnamurti [Details](#)
- 62 Outliers: The Story of Success by Malcolm Gladwell [Details](#)
- 63 Pensees (Penguin Classics) by Blaise Pascal, A.J. Krailsheimer (Translator) [Details](#)

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- 64 Power Versus Force : The Hidden Determinants of Human Behavior by David R. Hawkins, M.D. [Details](#)
- 65 Prakruti: Your Ayurvedic Constitution by Dr. Robert E. Svoboda [Details](#)
- 66 Prisoners of Hate: The Cognitive Basis of Anger, Hostility, and Violence by Aaron T. Beck [Details](#)
- 67 Proof of Heaven: A Neurosurgeon's Journey into the Afterlife by Eben Alexander [Details](#)
- 68 Providence by Daniel Quinn [Details](#)
- 69 Rapt: Attention and the Focused Life by Winifred Gallagher [Details](#)
- 70 Savitri: A Legend & A Symbol - New U.S.Edition by Sri Aurobindo [Details](#)

- 71 Science Of Breath by Sri Swami Rama [Details](#)
- 72 Solving the Procrastination Puzzle: A Concise Guide to Strategies for Change By: Timothy A Pychyl [Details](#)
- 73 Spirituality@Work: 10 Ways to Balance Your Life On-The-Job by Gregory F. A. Pierce, Mark D. Hostette [Details](#)
- 74 Stuck in Halftime : Reinvesting Your One and Only Life by Bob Buford [Details](#)
- 75 Success and Luck: Good Fortune and the Myth of Meritocracy By: Robert H Frank [Details](#)
- 76 The 100 Best Films to Rent You've Never Heard of: Hidden Treasures, Neglected Classics, Hits from By-Gone Eras by David N. Meyer [Details](#)
- 77 The Celestine Prophecy by James Redfield and Carol Andrienne [Details](#)

- 78 The Complete Works (Everyman's Library) by Michel de Montaigne [Details](#)

- 79 The Difficulty of being Good: On the Subtle Art of Dharma by Gurcharan Das [Details](#)
- 80 The Drama of the Gifted Child: The Search for the True Self by Alice Miller, Ruth Ward (Translator) [Details](#)
- 81 The Emperor's Handbook: A New Translation of The Meditations by Marcus Aurelius, David Hicks [Details](#)
- 82 The Ending of Time by Jiddu Krishnamurti [Details](#)

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- 83 The Eye of The I by David R. Hawkins, M.D., Ph.D. [Details](#)
- 84 The Gift of Peace: Personal Reflections by Cardinal Joseph Bernardin [Details](#)
- 85 The Grace of Great Things: Creativity and Innovation by Robert Grudin [Details](#)
- 86 The Joy of Less, A Minimalist Living Guide: How to Declutter, Organize, and Simplify Your Life by Francine Jay [Details](#)
- 87 The Life Divine by Sri Aurobindo [Details](#)
- 88 The Millionaire Next Door by Dr. Thomas Stanley and Dr. William D. Danko
(Good emperical data. Fast Read.) [Details](#)
- 89 The Most Amazing Thing by Robert Grudin [Details](#)
- 90 The Most Wonderful Books: Writers on Discovering the Pleasures of Reading by Michael Dorris (Editor) [Details](#)
- 91 The Mother on Savitri by The Mother [Details](#)
- 92 The New York Times Guide to the Best 1000 Movies Ever Made by Vincent Canby, et al [Details](#)
- 93 The Organized Mind: Thinking Straight in the Age of Information Overload by Daniel J. Levitin [Details](#)
- 94 The Paradox of Success by John R. O'Neill [Details](#)
- 95 The Pleasure Prescription: To Love, to Work, to Play - Life in the Balance by Dr. Paul Pearsall
(Dr. Pearsall is a tremendous speaker. He lives in Hawaii and has a very balanced life.) [Details](#)
- 96 The Power of Habit: Why We Do What We Do in Life and Business By Charles Duhigg [Detail](#)
- 97 The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle [Details](#)
- 98 The Purpose-driven Life: What on Earth Am I Here For? by Rick Warren [Details](#)
- 99 The Road to Character by David Brooks [Details](#)
- 100 The Seven Spiritual Laws of Success by Deepak Chopra [Details](#)
- 101 The Upanishads by Sri Aurobindo [Details](#)
- 102 The War of Art: Winning the Inner Creative Battle by Steven Pressfield [Details](#)

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- 103 The Way to God by M.K. Gandhi [Details](#)
- 104 The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It by Kelly McGonigal [Details](#)
- 105 The Zen of Listening: Mindful Communication in the Age of Distraction by Rebecca Shafir [Details](#)
- 106 Think on These Things by Jiddu Krishnamurti [Details](#)
- 107 Time and the Art of Living by Robert Grudin [Details](#)
- 108 To Be Human by Jiddu Krishnamurti [Details](#)
- 109 Toward a Meaningful Life: The Wisdom of the Rebbe by Menahem Mendel Schneerson [Details](#)
- 110 Two Awesome Hours: Science-Based Strategies to Harness Your Best Time and Get Your Most Important Work Done by Josh Davis [Details](#)
- 111 Uncommon Sense for Parents With Teenagers by Michael Riera, Ph.D. [Details](#)
- 112 Walden by Henry David Thoreau [Details](#)
- 113 What a Difference a Daddy Makes - The Lasting Imprint a Dad Leaves on His Daughter's Life by Kevin Leman [Details](#)
- 114 Willpower: Rediscovering the Greatest Human Strength by Roy F. Baumeister [Details](#)
- 115 Wisdom of the Ages: 60 Days to Enlightenment by Wayne W. Dyer [Details](#)
- 116 Yoga : A Gem for Women by Geeta S. Lyengar [Details](#)
- 117 Yoga and Psychotherapy: The Evolution of Consciousness by Swami Rama [Details](#)
- 118 Yoga of Discipline by Swami Chidvilasananda [Details](#)
- 119 Yoga Philosophy of Patanjali by Swami Hariharananda Aranya [Details](#)
- 120 You Can Heal Your Life by Louise L. Hay [Details](#)
- 121 Younger Next Year: Live Strong, Fit, and Sexy - Until You're 80 and Beyond by Chris Crowley [Details](#)
- 122 Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long by David Rock [Details](#)

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123 Zen and the Art of Motorcycle Maintenance: An Inquiry into Values
by Robert M. Pirsig

[Details](#)