



MINDFUL WELLBEING

the art of choosing the right book



Choosing books to read to can be a subjective process, and it often depends on your personal interests, goals, and preferences. Here are some strategies to help you make these choices:

Identify Your Goals:

Determine what you want to achieve or learn from a book. Whether it's gaining knowledge on a specific topic, finding inspiration, or enjoying a fictional story, knowing your goals will guide your selection.

Explore Genres:

Books come in various genres, including fiction, non-fiction, self-help, mystery, science fiction, and more. Explore different genres to find what resonates with you.

Read Reviews:

Check reviews on websites like Goodreads, Amazon, or literary blogs. Reviews can provide insights into the quality, style, and impact of a book.

Author's Previous Work:

If you enjoyed a book by a particular author, explore more of their work. Authors often have a consistent style or theme that carries across their books.

Recommendations from Trusted Sources:

Seek recommendations from friends, book clubs, or trusted online sources. People with similar tastes can suggest books you might enjoy. Here are some good ones to check out:

- "Atomic Habits" by James Clear
- "Mindset: The New Psychology of Success" by Carol S. Dweck
- "The Power of Your Subconscious Mind" by Joseph Murphy
- "The Choice Point" by Jonathan Rhodes
- "How Not to Die" by Michael Greger, M.D. FACLM

Read Excerpts:

Many books have excerpts available online or in bookstores. Reading a sample can give you a feel for the writing style and help you decide if it's a good fit for you.

Check Bestseller Lists:

Bestseller lists can be a good indicator of popular and widely appreciated books. However, keep in mind that personal preferences vary.

Remember that personal preferences play a significant role in your enjoyment of books. Experiment with different genres, authors, and book styles to find what resonates with you. Over time, you'll likely develop a better sense of your preferences and refine your choices accordingly.

