10 Books Tim Ferriss Thinks Every Entrepreneur Should Read

Tara Brach, a Buddhist student and therapist, wants to show the world how to trust in the innate goodness of humanity. Self-doubt is a part of the modern human condition, leading to many profound sources of suffering, but through a variety of storytelling techniques from case histories to guided meditations, readers can emerge from this book free of constrictions.

Ferriss's take: "This book was recommended to me by a PhD neuroscientist and is what finally helped me tame anger, one of my most destructive (and persistent) emotions. It's easy to aim for 'successful' and be miserable. This book is the antidote." https://www.entrepreneur.com/slideshow/303900