

## **Self Improvement Reading List**

**Suggested reading list and order for Dr.Mani's books on Self Improvement.**

These books can be read in any order - but we suggest the following:

1. **How To Focus** - Beat Procrastination & Get Things Done
2. **How To Build New Habits** - Don't Take a Knife to a Gunfight
3. **47 Hearts** - How To Live Your Dream With Passion and Purpose
4. **The Icedrop** - A Journey of Self Discovery
5. **Stop Procrastination** - Improve Your Efficiency & Productivity
6. **Goal Setting** - The Magical Secret To Set And Achieve Goals
7. **The Emotion Prism** - How To Be Happy When You'd Rather Be Sad
8. **Words of Encouragement** - To Inspire, Motivate & Comfort
9. **Your To Do List** - Ways To Boost Your Efficiency & Output
10. **Superfoods 101** - How To Eat Healthy & Stay Fit
11. **Charisma Quotient**
12. **Coffee For Health & Fitness**

All books are available in the Heart Book Store catalog at

<http://www.DrMani.com/bookstore/>