

## Recommended Reading from *The Writer's Process*

I read a lot of books while writing *The Writer's Process*; here are a few of the ones recommended in the text.

### Cognitive science books

[\*Creativity: Flow and the Psychology of Discovery and Invention\*](#), by Mihaly Csikszentmihalyi, describes the five key phases of the creative process.

[\*Flow: The Psychology of Optimal Experience\*](#), by Mihaly Csikszentmihalyi, is the definitive source of work on flow. Csikszentmihalyi lists his five phases of creativity in the book *Creativity: Flow and the Psychology of Discovery and Invention*.

[\*Focus: The Hidden Driver of Excellence\*](#), by Daniel Goleman, assembles a terrific breadth and depth of research on the topic of attention, and presents it all in an inspiring and accessible way.

[\*Give and Take: Why Helping Others Drives Our Success\*](#), by Adam Grant, offers an excellent discussion of scarcity or abundance in interpersonal relationships.

[\*Happy Money: The Science of Happier Spending\*](#), by Elizabeth Dunn and Michael Norton, was my source of the world-shaking study about chocolate.

[\*The Marshmallow Test: Mastering Self-Control\*](#), by Walter Mischel, is the source of detailed information about delayed gratification.

[\*Mindset: The New Psychology of Success\*](#), by Carol Dweck, describes the power of the growth mindset.

[\*The Myths of Creativity: The Truth About How Innovative Companies and People Generate Great Ideas\*](#), by David Burkus, busts common misconceptions about creativity, particularly in the organizational context.

[\*The Organized Mind: Thinking Straight in the Age of Information Overload\*](#), by Daniel Levitin, discusses the challenges of managing our attention in an information-dense world.

[\*Predictably Irrational: The Hidden Forces that Shape Our Decisions\*](#), by Dan Ariely, debunks the myth of the rational self, while demonstrating the consistency of the automatic systems.

[\*Reclaiming Conversation: The Power of Talk in a Digital Age\*](#), by Sherry Turkle, offers insight into the impact of modern technology on solitude.

[\*Thinking Fast and Slow\*](#), by Daniel Kahneman, is a treasure trove of insight into the multitude of mysterious ways that we make decisions.

[\*Willpower: Rediscovering the Greatest Human Strength\*](#), by Roy Baumeister and John Tierney, describes numerous studies related to willpower and self-regulation, as well as strategies for overcoming procrastination in your own life.

### Writing-related books

[\*Accidental Genius: Using Writing to Generate Your Best Ideas, Insight, and Content\*](#), by Mark Levy, describes applications for the practice of freewriting.

[\*Between You and Me: Confessions of a Comma Queen\*](#), by Mary Norris, offers a peek inside the mental workings of an expert and passionate copyeditor.

[\*Essentialism: The Disciplined Pursuit of Less\*](#), by Greg McKeown, delivers valuable advice on paring down activities so you can do the important things, like writing. The book dedicates an entire chapter to saying no.

[\*Everybody Writes: Your Go-To Guide to Creating Ridiculously Good Content\*](#), by Ann Handley, offers terrific guidance on revising, particularly in the business context.

[\*On Writing: A Memoir of the Craft\*](#), by Stephen King, is a wonderful work on the craft as well as the life of writing.

[\*Process: The Writing Lives of Great Authors\*](#), by Sarah Stodola, is a rich source of information about the lives and quirks of famous authors.

[\*The Sense of Style\*](#), by Stephen Pinker, offers one of the best explanations of grammar I have ever read, with a cognitive science slant.

[\*Shut Your Monkey: How to Control Your Inner Critic and Get More Done\*](#), by Danny Gregory, offers an inspiring and irreverent look at the dealing with the inner critic.

[\*Working Days: The Journals of The Grapes of Wrath\*](#), edited by Robert Demott, details John Steinbeck's journals during the time he wrote *The Grapes of Wrath*. You hear the voice of the author, pleading with himself to stay on track, agonizing over setbacks, and plotting the path to completion. It makes compelling reading.

[\*Writing to Deadline: The Journalist at Work\*](#), by Don Murray, offers an excellent description of the writing process. Also see [\*The Essential Don Murray: Lessons from America's Greatest Writing Teacher\*](#), by Don Murray.

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