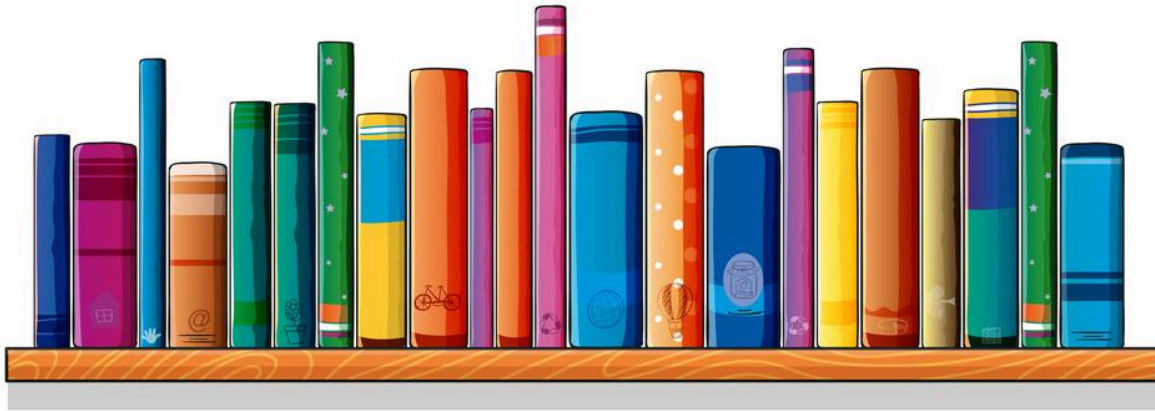


Book Recommendations from the Nonfiction Reading Survey



Did you take the Nonfiction Reading Survey? If so, thank you for your time, your answers—and your book recommendations!

More than 150 readers answered the survey. Most of the survey questions concerned nonfiction reading habits and preferences. You can find the results survey on my website here: <https://annejanzer.com/nonfiction-reading-survey-results/>

Two questions invited open-ended responses:

- Has a nonfiction book ever changed your perspective on a topic or your life in a significant way? If yes, what was the book and how did it change you?
- Optional: Share up to three of your favorite nonfiction books

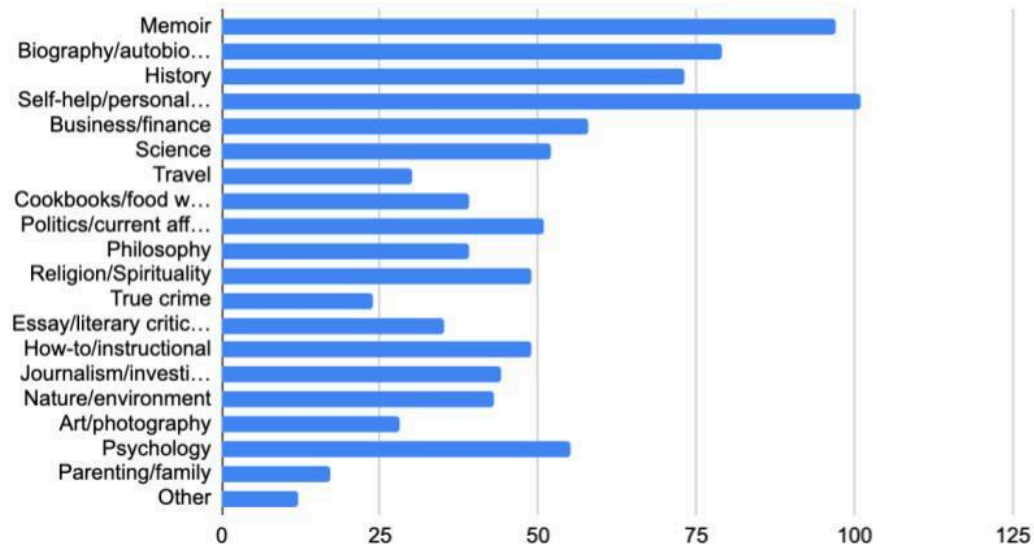
Most people chipped in their favorite books, or books that have made a large impact on them. And the result is a veritable treasure trove of book recommendations—hundreds of them.

Books are better when shared, so I've compiled this list for you to peruse.

About the Books

The readers of our survey read in a wide range of genres — and most read more than one. You'll find all kinds of books here.

What kinds of nonfiction books do you read often?



Not all the books they suggested are bestsellers—you may find some undiscovered gems.

I've already spotted a bunch that I'm eager to read, and I suspect you will as well. And, of course, I recognize many old favorites in this list.

Disclaimers

- Some people entered both the title and the author's name. I did not double-check any of those unless I spotted a problem.
- For titles listed without authors, I searched to supply one. In a few cases, multiple books shared a title; I chose the most likely candidate.

If a book you mentioned didn't show up, my apologies. Sifting through all of this data was a huge task, but I didn't want to outsource or automate it because it was a chance to hang out with a bunch of great books!

With that said, check out the lists and start highlighting the ones you know and the ones you want to read!

Recommended Favorites

These are the books that people contributed as a “favorite” nonfiction book. Books with an asterisk (*) were cited by more than one person as a favorite..

The 4 Cs by Dan Sullivan

The 4-Hour Work Week by Tim Ferriss

The 5 Elements of Effective Thinking by Edward B. Burger and Michael Starbird

The 48 Laws of Power by Robert Greene

*The 7 Habits of Highly Effective People by Stephen Covey**

100 Cats Who Changed Civilization by Sam Stall

A Life in a Year: The American Infantryman in Vietnam by James R. Ebert

*A More Beautiful Question by Warren Burger**

A Precautionary Tale by Philip Ackerman-Leist

A Sense of the World by Jason Roberts

A Short History of Nearly Everything by Bill Bryson

A Very Punchable Face by Colin Jost

A Walk in the Woods by Bill Bryson

Agatha Christie: A Mysterious Life by Laura Thompson

The Alchemist by Paulo Coelho

Alexander Graham Bell by Edwin S. Grosvenor

Alive! The Story of the Andes Survivors by Piers Paul Read

All Blood Runs Red: The Legendary Life of Eugene Bullard by Philip Keith and Tom Clavin

The Almanac of Naval Ravikant by Eric Jorgenson

Almost Everything by Anne Lamott

The Almost Legendary Morris Sisters by Julie Klam

American Nations by Colin Woodard

An Everyone Culture by Kegan & Lahey

An Immense World by Ed Yong

An Unfinished Love Story by Dorin Kearns Goodwin

Are You Fully Charged? by Tom Rath

Areté: Activate Your Heroic Potential by Brian Johnson

Art & Fear by David Bayles & Ted Orland

The Art of Botanical Drawing by Agathe Ravet-Haevermans

The Art of Possibility by Benjamin Zander & Rosamund Stone Zander

The Bible

As You Wish by Cary Elwes

Atomic Habits by James Clear

Bad Blood by John Carreyou

Becoming by Michelle Obama

Being Mortal by Atul Gawande
The Bible Unearthed by Israel Finkelstein and Neil Asher Silverman
Big Magic by Elizabeth Gilbert
Birds Art Life by Kyo Maclear
Bird By Bird by Anne Lamott
Bitch by Lucy Cooke
Blink by Malcolm Gladwell
The Body Keeps the Score by Bessel van der Kolk M.D.
Bomb Shelter by Mary Laura Philpott
Books for Living by Will Schwalbe
Botany for the Artist by Sarah Simblet
The Boys by Ron & Clint Howard
Braving the Wilderness by Brené Brown
Breaking the Age Code: How Your Beliefs About Aging Determine How Long and Well You Live by Becca Levy
The British are Coming by Rick Atkinson
Braiding Sweetgrass by Robin Wall Kimmerer
Build the Life You Want, Arthur C. Brooks and Oprah Winfrey
Burn Book by Kara Swisher
Burnout by Emily and Amelia Nagoski
Cassandra Speaks by Elizabeth Lesser
Charles and Emma - The Darwins' Leap of Faith by Deborah Heiligman
The Checklist Manifesto by Atul Gawande
Church of the Wild by Victoria Loorz
Clear Thinking by Shane Parrish
Cleopatra: A Life by Stacy Schiff
The Coddling of the American Mind by Greg Lukianoff and Jonathan Haidt
Collapse: How Societies choose to fail or succeed by Jared Diamond
Colored People by Henry Louis Gates, Jr.
Come as You Are by Emily Nagoski
The Complete Book of Herbs and Spices by Sarah Garland
The Compound Effect by Darren Hardy
Consolations by David Whyte
Contested Will by James Shapiro
The Creative Act by Rick Rubin
The Curse of the Boyfriend Sweater by Alanna Okun
The Daily Stoic by Ryan Holiday
Daring Greatly by Brené Brown
The Greater Journey by David McCullough
De Profundis by Oscar Wilde

Deep Work by Cal Newport
Designing Your Life by Bill Burnett and Dave Evans
Devil in the White City by Erik Larsen
Division Street: America by Studs Terkel
Don't Make Me Think by Steve Krug
Dr. Mütter's Marvels by Cristin O'Keefe Aptowicz
Drawing on the Right Side of the Brain by Betty Edwards
Eat that Frog by Brian Tracy
Educated by Tara Westover
Emergent Strategy by adrienne maree brown
The End of Everything (Astrophysically Speaking) by Katie Mack
Endurance by Alfred Lansing
Entangled Life: How Fungi Make our Worlds, Change our Minds & Shape our Futures by Merlin Sheldrake.
The E-Myth (Revisited) by Michael Gerber
Erebus by Michael Palin
Essentialism by Greg McKeown
Everybody Fights by Penn & Kim Holderness
Everybody Who is Gone is Here by Jonathan Blitzer
Existential Kink by Carolyn Elliot
Fall Down 7 Times and Get up 8 by Naoki Higashida
Family by Ian Frasier
Fast Food Nation by Eric Schlosser
The Feather Thief by Kirk Johnson
The Female Eunuch by Germaine Greer
Finding Meaning in the Second Half of Life by James Hollis
Finding the Mother Tree by Suzanne Simard
Finite and Infinite Games by James Carse
The First 90 Days by Michael Watkins
For the Love by Jen Hatmaker
Four Thousand Weeks: Time Management for Mortals by Oliver Burkeman
Friends, Lovers, and The Big Terrible Thing by Matthew Perry
Frozen in Time by Mitchell Zuckoff
The Gap and the Gain by Benjamin Hardy
Generation Dread by Britt Wray
Gentle Writing Advice by Chuck Wendig
Ghost Soldiers by Hampton Sides
The Gifts of Imperfection by Brené Brown
Girl, Wash your Face by Rachel Hollis
The Glass Castle by Jeannette Walls

Go-Givers Sell More by Bob Burg and John David Mann
God's Perfect Child by Caroline Fraser
The Golden Spruce by John Valiant
*Good to Great by Jim Collins **
The Great Partnership by Jonathan Sacks
*The Hero's Journey by Joseph Campbell **
Hidden Potential by Adam Grant
How Natural Disasters Have Shaped Us (and What We Can Do About Them) by Dr. Lucy Jones
How to Be Everything by Emilie Wapnick
How to Know a Person by David Brooks
How to Write Short by Roy Peter Clark
I Feel Bad About my Neck by Nora Ephron
I Shall Not Hate by Izzeldin Abueleish
I Will Judge You By Your Bookshelf by Grant Snider
I'll Be Gone in the Dark by Michelle McNamara
I'm Still Writing by Virginia Ann Byrd
If You Can't Take the Heat by Geraldine DeRuiter
Imaginable by Jane McGonigal
*Impossible to Ignore by Carmen Simon **
In Praise of Shadows by Junichiro Tanizaki
India After Gandhi by Ramachandra Guha
Innovate Like Edison by Michael Gelb and Sarah Caldicott
*Into Thin Air by John Krakauer **
The Jesus I Never Knew by Philip Yancey
*Killers of the Flower Moon by David Grann **
Kindred: Neanderthal Life, Love, Death and Art by Rebecca Wragg Sykes
Kingdom of Olives and Ash, edited by Michael Chabon
Lab Girl by Hope Jahren
The Laws Guide to Nature Drawing and Journaling by John Muir Laws
Life's Great Question by Tom Rath
The Little Blue Reasoning Book by Brandon Royal
Live It, Love It, Sell It by Jules White
The Magical Approach by Jane Roberts
Man's Search for Meaning by Viktor Frankl
Manhunt: The 12 Day Chase for Lincoln's Killer by James Swanson
*Maybe You Should Talk to Someone by Lori Gottlieb **
The Millionaire Next Door by Thomas J. Stanley and William D. Danko
The Modern Chakra Guide by Carol Tuttle
My Beloved World by Sonia Sotomayor

Mystery and Manners: Occasional Prose by Flannery O'Connor
The Nature of the Psyche by Jane Roberts
The New Jim Crow by Michelle Alexander
Never Caught: The story of Ona Judge by Erica Armstrong Dunbar
Never Split the Difference by Chris Voss
Nickel and Dimed by Barbara Ehrenreich
No Bad Parts by Richard Schwarz
No Time Like the Future by Michael J. Fox
On Earth We're Briefly Gorgeous by Ocean Vuong
One in a Millennial: On Friendship, Feelings, Fangirls, and Fitting in by Kate Kennedy
Our Endless and Proper Work by Ron Hogan
The Outermost House by Henry Beston
Papa Hemingway by A. E. Hotchner
The Peabody Sisters by Megan Marshall
Pity The Reader by Kurt Vonnegut and Suzanne McConnell
The Power of Habit by Charles Duhigg
Praying The Promises by Max Lucado
Predictably Irrational by Dan Ariely
Prequel by Rachel Maddow,
Prudence by Fr. Gregory Pine
*Quiet by Susan Cain**
The Real Anthony Fauci by Robert F Kennedy Jr
Restoring the Kinship Worldview by Wahinkpe Topa (Four Arrows) and Darcia Narvaez
Restoring the Soul of Business: Staying Human in the Age of Data by Rishad Tobaccowala
Re-Visioning Psychology by James Hillman
Rewind Replay Repeat: A Memoir of Obsessive Compulsive Disorder by Jeff Bell
Riding the Elephant by Craig Ferguson
Salt Fat Acid Heat by Samin Nosrat
*Sapien by Yuval Noah Harari **
Save the Cat Writes a Novel by Jessica Brody
Saving Us by Katherine Hayhoe
*The Secret by Rhonda Byrne **
Setting the Table by Danny Meyer
The Shadow Docket by Stephen Vladek
Simplicity Parenting by Kim John Payne and Lisa M. Ross
Skeptic: Viewing the World with a Rational Eye by Michael Shermer
*Slow Productivity by Cal Newport**
So You Want to Talk About Race by Ijeoma Oluo
The Social Animal by David Brooks
Song in a Weary Throat by Pauli Murray

*The Soul of an Octopus by Sy Montgomery **
The Sound of a Wild Snail Eating by Elisabeth Tova Bailey
Spare by Prince Harry
Spellbinding Sentences by Barbara Baig
The Spy and the Traitor by Ben Macintyre
Stay True by Hua Hsu
Steal Like an Artist by Austin Kleon
*Story by Robert McKee**
Style: Lessons in Clarity and Grace by Joseph M. Williams and Gregory G. Colomb
The Success Principles by Jack Canfield
The Sun Does Shine by Anthony Ray Hinton
The Tao of Physics by Fritjof Capra
*Team of Rivals by Doris Kearns Goodwin **
Thanks for the Feedback by Douglas Stone and Sheila Heen
The Theory that Would Not Die by Sharon Bertsch McGrayne
Thinking Fast and Slow by Daniel Kahneman (multiple recommendations)
Thinking in Bets by Annie Duke
This House of Sky by Ivan Doig
This is the Story of a Happy Marriage by Ann Patchett
Threads of Life: A History of the World through the Eye of the Needle by Clare Hunter
Three Shades of Blue by James Kaplan
The Truth and Beauty by Andrew Klavan
*Tuesdays with Morrie by Mitch Albom **
Understory by Lore Ferguson Wilbert
*The Undoing Project by Michael Lewis **
Vagina Obscura by Rachel E. Gross
Vulture Capitalism by Grace Blakely
The Way of Belonging by Sarah Westfall
The Way Towards Health by Jane Roberts
What the Dead Know by Barbara Butcher
Who Were the Early Israelites and Where Did They Come From by William G. Dever;
*Why Fish Don't Exist by Lulu Miller **
Why I Trust the Bible by William D. Mounce.
Why We Buy by Paco Underhill
Wild by Cheryl Strayed
Wine Folly by Madeline Puckette
Wine Witch on Fire by Natalie MacLean
WINX: The Problem Solving Model to Win Exponentially with Customers, Employees & Your
Bottom Line by Irma Parone
The Woman They Could Not Silence by Kate Moore

Women's Reality by Anne Wilson Schaef
Women's Ways of Knowing by Mary Field Belenky , Blythe Mcvicker Clinchy , Nancy Rule
Goldberger
Wonderbook by Jeff Vandermeer
Word by Word: The Secret Life of Dictionaries by Kory Stamper *
Working by Robert Caro
World of Wonders by Aimee Nezhukumatathil
The Worst Hard Times by Timothy Egan
The Writer's Voice by Anne Janzer
Writing Beyond Writing by Tim Brookes
Year of Yes by Shonda Rhimes *
You'll Get Through This by Max Lucado
Zero to One by Peter Thiel

Favorite authors

A few people simply suggested authors rather than their specific books. These authors include:

Brené Brown
Adam Grant
Matt Haig's nonfiction
Daniel Handler's nonfiction
Alfred Korzybski
Samantha Irby
Jenny Lawson
Jane Roberts

Books that Changed the Reader

These books are ones that people said made a significant change to their outlook or beliefs. Books appearing twice in this category are marked with an asterisk.

\$100M Leads by Alex Hormosi
30-Day Money Cleanse
7 Habits of Highly Effective People by Stephen Covey *
A More Beautiful Question by Warren Burger
A Walk in the Woods by Bill Bryson
Abortion at Work by Wendy Simonds
The Alchemist by Paul Coelho

Alive! The Story of the Andes Survivors by Piers Paul Read
American Nations by Colin Woodard
Antifragile by Nicholas Nassim Taleb
Areté: Activate Your Heroic Potential by Brian Johnson
Awakening by Oliver Sacks
Big Magic by Elizabeth Gilbert
*Bird by Bird by Anne Lamott **
The Body Keeps the Score by Bessel van der Kolk M.D.
Braiding Sweetgrass by Robin Wall Kimmerer
Bringing Nature Home by Doug Tallamy
Cassandra Speaks by Elizabeth Lesser
The Coddling of the American Mind by Greg Lukianoff and Jonathan Haidt
The Complementary Nature by David A. Engstrom and J. A. Scott Kelso
The Confident Woman by Joyce Meyer (several books with this title, so I took a guess)
Creative Act by Rick Rubin
Crucial Conversations by Joseph Grenny , Kerry Patterson, et al
Deep Work by Cap Newport
Division St by Studs Terkel
Dr. Mütter's Marvels by Cristin O'Keefe Aptowicz
E-Myth by Michael Gerber
Emergent Strategy by adrienne maree brown
Entangled Life by Merlin Sheldrake
Essentialism by Adam Grant
Failing Forward by John Maxwell
Fast Food Nation by Eric Schlosser
The Four Agreements by Don Miguel Ruiz
Four Thousand Weeks by Oliver Burkeman
Frozen in Time by Michael Zuckoff
The Good Life and Its Discontents by Robert J Samuelson
Good to Great by Jim Collins
Grant by Ron Chenoweth
The Hard Thing about Hard Things by Ben Horowitz
*Hero with a Thousand Faces by Joseph Campbell **
History of Western Philosophy by Bertrand Russell
Hold On, But Don't Hold Still by Kristina Kuzmic
How Emotions Are Made by Lisa Barrett
How to Hide an Empire by Daniel Immerwahr
How to Read by Mortimer Adler
How to Win Friends and Influence People by Dale Carnegie
How Will You Measure Your Life by Clayton Christenson

India After Ghandhi by Ramachandra Guha
*Into Thin Air by John Krakauer **
Invisible Women by Caroline Criado Perez
It's Never Too Late to Begin Again by Julia Cameron
Just Mercy by Bryan Stevenson
Kindred: Neanderthal Life, Love, Death and Art by Rebecca Wragg Sykes
Live It, Love It, Sell It by Jules White
*Loving What Is by Byron Katie **
Never Split the Difference by Chris Voss
No Longer Strangers by Wendy Thomas
Our Endless and Proper Work by Ron Hogan
Outlive by Attia
Permission to Feel by Marc Brackett
Philosophy of Walking by Frédéric Gros and John Howe
Play Bigger by Al Ramadan, Dave Peterson, Christopher Lochhead, Kevin Maney
Plunder by Brendon Baillou
Power of Habit by Charles Duhigg
The Real Anthony Fauci by Robert F Kennedy Jr
Restoring the Soul of Business: Staying Human in the Age of Data by Rishad Tobaccowala
Sapien by Yuval Noah Harari
*The Secret by Rhonda Byrne **
Simplicity Parenting by Kim John Payne and Lisa M. Ross
Slow Productivity by Cal Newport
Song in a Weary Throat by Pauli Murray
The Speed of Trust by Stephen M.R. Covey
The Success Principles by Jack Canfield
The Sun Does Shine by Anthony Ray Hinton
Thanks for the Feedback by Douglas Stone and Sheila Heen
Total Truth by Nancy Pearson
Tuesdays with Morrie by Mitch Albom
Ultimate Sales Machine by Chet Holmes
Undoing Project by Michael Lewis
The Universe Has Your Back by Gabrielle Bernstein
Unmentionable by Therese Oneill
Untethered Soul by Michael Singer
Upward Spiral by Alex Korb
We Were Eight Years in Power by Ta-Nehisi Coates
When Things Fall Apart by Pena Chodran
Whole Brain Child by Daniel J. Siegel M.D. and Tina Payne Bryson
Why Fish Don't Exist by Lulu Miller

Wild Souls by Emma Marris
Women's Reality by Anne Wilson Schaef
The Writer's Voice by Anne Janzer
Writing to Be Understood by Anne Janzer
Year of Yes by Shonda Rhimes *
You Just Don't Understand by Deborah Tannen
You'll Get Through This by Max Lucado

Authors with Multiple Books

It's rare enough to write a book that earns "favorite" status or changes lives. To do so more than once? That's an accomplishment.

These authors had more than one book cited by more than one person.

Brené Brown (The Gifts of Imperfection, Braving the Wilderness, Daring Greatly)
David Brooks (How to Know a Person, The Social Animal)
Bill Bryson (A Walk in the Woods, a Short History of Nearly Everything)
Joseph Campbell (The Hero's Journey, The Hero with a Thousand Faces)
Adam Grant (Essentialism, Hidden Potential, "Anything by")
Doris Kearns Goodwin (Team of Rivals, An Unfinished Love Story)
Anne Lamott (Almost Everything, Bird by Bird)
Cal Newport (Deep Work, Slow Productivity)

Books about Writing and Creativity

Because I'm a writer, I had to throw this category into the mix! I've definitely found some I want to read.

Big Magic by Elizabeth Gilbert
Bird by Bird by Anne Lamott
The Creative Act by Rick Rubin
Gentle Writing Advice by Chuck Wendig
I Will Judge You By Your Bookshelf by Grant Snider
I'm Still Writing by Virginia Ann Byrd
Save the Cat Writes a Novel by Jessica Brody
Steal Like an Artist by Austin Kleon

*Story by Robert McKee**

Style: Lessons in Clarity and Grace by Joseph M. Williams and Gregory G. Colomb

Working by Robert Caro

The Writer's Voice by Anne Janzer

Writing Beyond Writing by Tim Brookes

Writing to Be Understood by Anne Janzer

What Will You Do With This List?

I suggest you keep this list handy for when you need inspiration about what to read next.

Read more from your favorite authors: If you spot an unfamiliar title from an author you enjoy, consider reading it.

Get gift ideas: If you recognize books you love, consider giving them as gifts to others.

Explore new topics: If a title or subject catches your attention, look into it and consider adding it to your TBR list.

Expand your nonfiction scope: If you want to expand into a different genre—say, history or memoir—look at the entries in this list as great starting points.

Revisit an old favorite: Perhaps you see a book you love. Maybe it's time to read it anew.

If you want to explore your reading preferences further, check out my book *The Curious Readers' Field Guide to Nonfiction*. Then keep it handy while you explore the books on this list!