



# THE **TOP 10**

BOOKS FOR IMPROVING YOUR OVERALL

*MINDSET*



[BENTONBETTER.COM](http://BENTONBETTER.COM)

# The Top 10 Books for Improving Your Overall Mindset

Within this eBook you will find my top 10 books for improving your overall mindset (in no specific order). Each book within this short eBook I have consumed personally, after purchasing my choice of way to consume (either in written form or through audio). If you have not read or listened to any of the following books, and you're looking to improve your overall mindset, I highly recommend you start reading (or listening) as soon as possible! There is no better time than the present.

My goal is to be completely transparent in everything I do. Please note that some of the links found in this eBook are affiliate links that will generate me a small commission if you decide that specific thing is right for you. There will be no additional cost to you, the pricing remains the same whether you use my link or find another link to get to the specific product or service provided. I only recommend products that I use and believe to be helpful, not to simply make the small commission. Please do not purchase anything if you do not think you need it or that it will help you in some way to achieve your goals. To read more about the affiliate links found in this document, you can visit my [Affiliate Disclosure](#) page. You can access the links by clicking the pictures and through the linked text. If you purchase a book through an affiliate link, your cost will be the same but [Bent On Better](#) will receive a small commission.

Your support is greatly appreciated and helps to spread our message as we continue to get better as well!



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# The Top 10 Books for Improving Your Overall Mindset

***I AM GOING TO PROVIDE YOU  
WITH:***

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- 1. The name of the book**
  - 2. The author**
  - 3. If the book is available in audio,  
written, or both**
  - 4. A short description of the book  
(derived from Amazon)**
  - 5. Why I believe this book can help  
improve your overall mindset**
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# The Top 10 Books for Improving Your Overall Mindset

## 1. Think and Grow

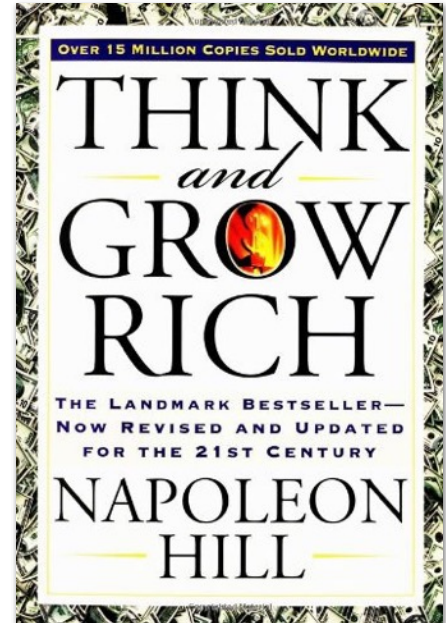
Rich

by Napoleon Hill

**Available on both audio and written copy**

**Summary:** Think and Grow Rich has been called the "Granddaddy of All Motivational Literature." It was the first book to boldly ask, "What makes a winner?" The man who asked and listened for the answer, Napoleon Hill, is now counted in the top ranks of the world's winners himself. The most famous of all teachers of success spent "a fortune and the better part of a lifetime of effort" to produce the "Law of Success" philosophy that forms the basis of his books and that is so powerfully summarized in this one. In the original Think and Grow Rich, published in 1937, Hill draws on stories of Andrew Carnegie, Thomas Edison, Henry Ford, and other millionaires of his generation to illustrate his principles. In the updated version, Arthur R. Pell, Ph.D., a nationally known author, lecturer, and consultant in human resources management and an expert in applying Hill's thought, deftly interweaves anecdotes of how contemporary millionaires and billionaires, such as Bill Gates, Mary Kay Ash, Dave Thomas, and Sir John Templeton, achieved their wealth. Outmoded or arcane terminology and examples are faithfully refreshed to preclude any stumbling blocks to a new generation of readers.

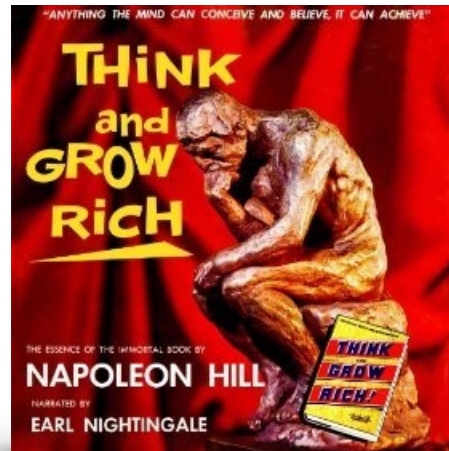
**Why:** Napoleon Hill writes about topics that every person should realize and understand about mindset and success, which helped me break away from the "average" way of thinking. I have met and know many people who attest to this book's power to help you along the lines of goal setting and achieving the burning desire to accomplish great feats in life. This book has been mentioned many times on the Bent On Better podcast. [Here](#) is one in particular all about improving your overall mindset.



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BONUS BOOK MENTION :



Think and Grow Rich

by Napoleon Hill

(Earl Nightingale's condensed version)

**Available on audio copy only**

**Summary:** Earl Nightingale reads an abridged form of Think and Grow Rich.

**Why:** I love a short and easy read, where I can get exactly what I need from the book without too much fluff. Although I highly recommend the original, full length version of this book, some of us just do not have the patience to get through a book that is hours long. I would recommend, however, after you've listened to this version of the book, that you consider rereading the full original version to truly take in the entirety of its power in developing a better overall mindset. Visit [this link](#) to listen to and read a previous post of mine about giving up on giving up.



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## 2. Quitter

by Jon Acuff

**Available on both audio and written copy**

**Summary:** An insightful, witty look at how to turn a job into a dream without turning that dream into a nightmare. *Quitter* is a book about how it's possible not only to survive but actually thrive in the tension between a day job and a daydream. With the wit and insight gained in a dozen years of cubicle living, Acuff shows us all why we don't have to become the "I'm, but" generation. I'm a teacher, but I want to be an artist. I'm a project manager, but I want to start my own business. If you've ever sat in a cubicle and thought, I don't want to do this job for the rest of my life, this book is for you.

**Why:** Well, the last sentence of the summary pretty much sums it all up. If you have ever said to yourself "I don't want to do this job for the rest of my life," this book truly IS for you. After reading (listening to) Jon describe how we do not need to stay set in the ways we think, I realized we really do have the power to change anything in our lives. The whole "I'm a \_\_\_\_\_, but I want to be a \_\_\_\_\_" don't have to be dreams and depressing statements, they can be things of the past and you can do anything you want to do. At the time I read this book, I was saying those exact words to myself...and well, I no longer have that job. I would like to thank Jon for that final push to leave.



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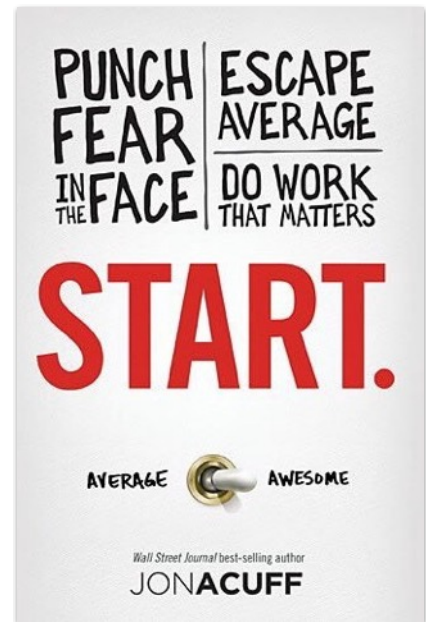
## 3. Start

by Jon Acuff

**Available on both audio and written copy**

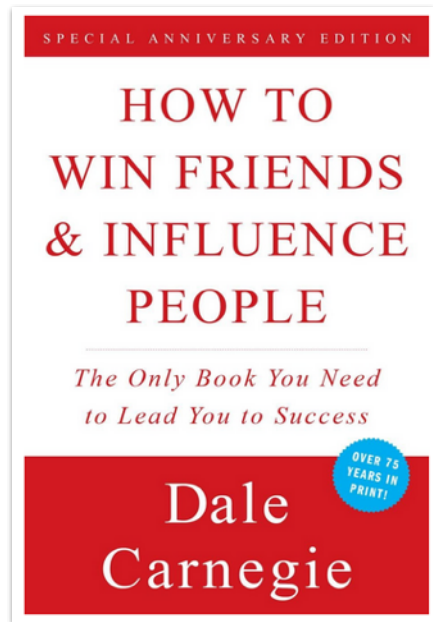
**Summary:** Wall Street Journal best-selling author Jon Acuff reveals the steps to getting unstuck and back onto the path of being awesome. Over the last 100 years, the road to success for most everyone has been divided into predictable stages. But three things have changed the path to success: Boomers are realizing that a lot of the things they were promised aren't going to materialize, and they have started second and third careers. Technology has given access to an unprecedented number of people who are building online empires and changing their lives in ways that would have been impossible years ago. The days of "success first, significance later," have ended. While none of the stages can be skipped, they can be shortened and accelerated. There are only two paths in life: average and awesome. The average path is easy because all you have to do is nothing. The awesome path is more challenging, because things like fear only bother you when you do work that matters. The good news is Start gives readers practical, actionable insights to be more awesome, more often.

**Why:** To be honest, I actually read (listened to) this book BEFORE I read (listened to) the aforementioned book (Quitter by Jon Acuff) and loved it so much I decided to grab Quitter. Jon reads both books and he is witty and fun in each word he reads. I really enjoyed this book and how it opened my mind to just starting to do anything I decide I want to do. No matter your age, your race, your gender, or your beliefs, you can do anything if you just move past whatever fears have been holding you down and just go for it. This book helped me start on my own path of awesome.



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## 4. How to Win Friends & Influence People

by Dale Carnegie

**Available on both audio and written copy**

**Summary:** For more than sixty years the rock-solid, time-tested advice in this book has carried thousands of now famous people up the ladder of success in their business and personal lives.

Now this previously revised and updated bestseller is available in trade paperback for the first time to help you achieve your maximum potential throughout the next century!

Learn:

- \* Three fundamental techniques in handling people
- \* The six ways to make people like you
- \* The twelve ways to win people to your way of thinking
- \* The nine ways to change people without arousing resentment

**Why:** There are many people these days who are unaware of how to treat each other with respect. When you want to get your way, it's easier to be nice than it is to shout orders. This book is a phenomenal resource for teaching you how to get what you want, when you want it, without ever worrying about negative consequences. I love this book for its ease of reading, and the simplicity of the complex principles, which are presented in such a fun way through Mr. Carnegie's story telling.



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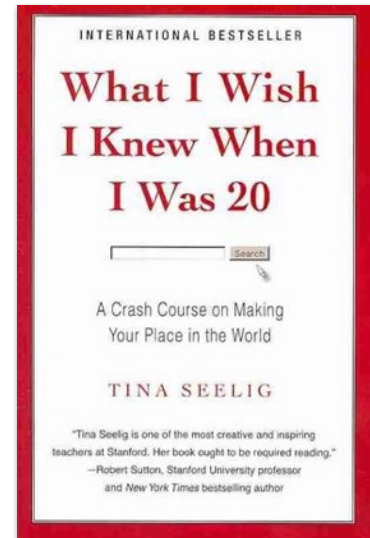


# The Top 10 Books for Improving Your Overall Mindset

## 5. What I Wish I Knew When I Was 20

by Tina Seelig

**Available on both audio and written copy**



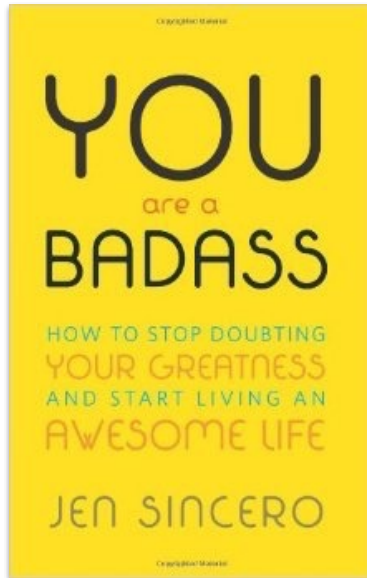
**Summary:** Major life transitions such as leaving the protected environment of school or starting a new career can be daunting. It is scary to face a wall of choices, knowing that no one is going to tell us whether or not we are making the right decision. There is no clearly delineated path or recipe for success. Even figuring out how and where to start can be a challenge. That is, until now. As executive director of the Stanford Technology Ventures Program, Tina Seelig guides her students as they make the difficult transition from the academic environment to the professional world, providing tangible skills and insights that will last a lifetime. Seelig is an entrepreneur, neuroscientist, and popular teacher, and in *What I Wish I Knew When I Was 20* she shares with us what she offers her students—provocative stories, inspiring advice, and a big dose of humility and humor. These pages are filled with fascinating examples, from the classroom to the boardroom, of individuals defying expectations, challenging assumptions, and achieving amazing success. Seelig throws out the old rules and provides a new model for reaching our highest potential. We discover how to have a healthy disregard for the impossible, how to recover from failure, and how most problems are remarkable opportunities in disguise. *What I Wish I Knew When I Was 20* is a much-needed book for everyone looking to make their mark on the world.

**Why:** Have you ever said to yourself something along the lines of “I wish I would have known (this or that), I would have been \_\_\_\_\_.”? This book teaches you lessons through the stories of the author's experiences as a Stanford educator. This book teaches you how to recognize many situations as opportunities instead of hardships. I loved this book for various reasons and I’m so glad I read this one in my 20s.



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# The Top 10 Books for Improving Your Overall Mindset



## 6. You are a Badass

by Jen Sincero

**Available on both audio and written copy**

**Summary:** Bestselling author, speaker and world-traveling success coach, Jen Sincero, cuts through the din of the self-help genre with her own verbal meat cleaver in *You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life*. In this refreshingly blunt how-to guide, Sincero, serves up 27 bite-sized chapters full of hilariously inspiring stories, life-changing insights, easy exercises and the occasional swear word.

Via chapters such as "Your Brain is Your Bitch," "Fear is for Suckers" and "My Subconscious Made Me Do It," Sincero takes you on a wild joy ride to your own transformation, helping you create the money, relationships, career and general all around awesomeness you so desire. And should you be one of those people who dreads getting busted with a self-help book in your hands, fear not. Sincero, a former skeptic herself, delivers the goods minus the New-Age cheese, giving even the snarkiest of poo-pooers exactly what they need to get out of their ruts and start kicking some ass.

By the end of *You Are a Badass*, you will understand why you are how you are, how to love what you can't change, how to change what you don't love, and how to start living the kind of life you used to be jealous of.

**Why:** Do let this title throw you for a loop. This book is a lot of fun because it's not your average "you can do it!" book. Jen Sincero teaches you, through sharing her own life stories and the interesting chapter titles (as seen above), how to change whatever you want in your life. After reading this book, I felt ready to take on the world, and you will too!



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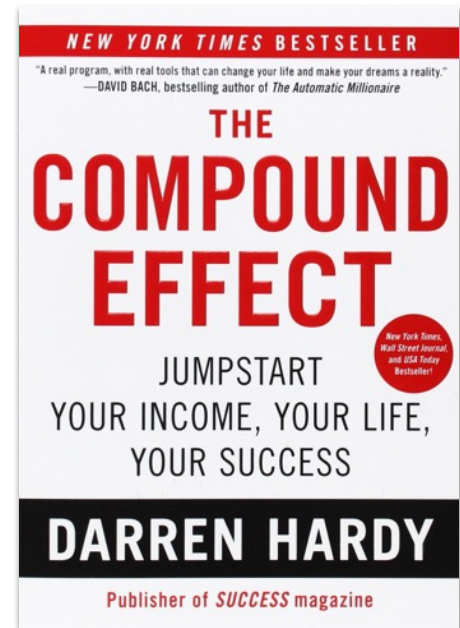
## 7. The Compound Effect

by Darren Hardy

**Available on both audio and written copy**

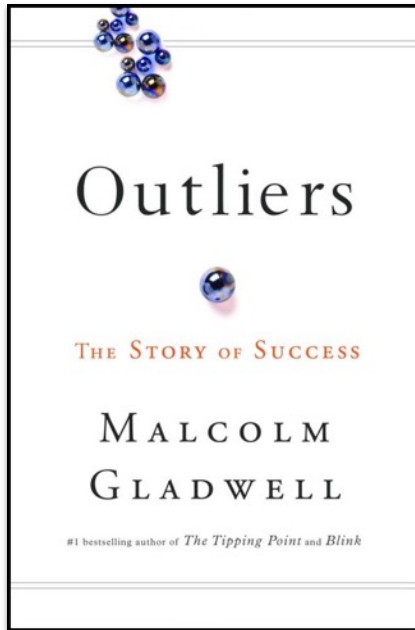
**Summary:** No gimmicks. No Hyperbole. No Magic Bullet. The Compound Effect is based on the principle that decisions shape your destiny. Little, everyday decisions will either take you to the life you desire or to disaster by default. Darren Hardy, publisher of Success Magazine, presents The Compound Effect, a distillation of the fundamental principles that have guided the most phenomenal achievements in business, relationships, and beyond. This easy-to-use, step-by-step operating system allows you to multiply your success, chart your progress, and achieve any desire. If you're serious about living an extraordinary life, use the power of The Compound Effect to create the success you want.

**Why:** Darren Hardy gives his readers/listeners (if you're into audio, like me) great take-away principles through stories and step-by-step actions to take to make the rest of your life the best of your life. Understanding the basic overall principle of this book can unlock the future you want, if you read and practice what it preaches.



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## 8. Outliers

by Malcolm Gladwell

**Available on both audio and written copy**

**Summary:** In this stunning new book, Malcolm Gladwell takes us on an intellectual journey through the world of "outliers"--the best and the brightest, the most famous and the most successful. He asks the question: what makes high-achievers different?

His answer is that we pay too much attention to what successful people are like, and too little attention to where they are from: that is, their culture, their family, their generation, and the idiosyncratic experiences of their upbringing. Along the way he explains the secrets of software billionaires, what it takes to be a great soccer player, why Asians are good at math, and what made the Beatles the greatest rock band.

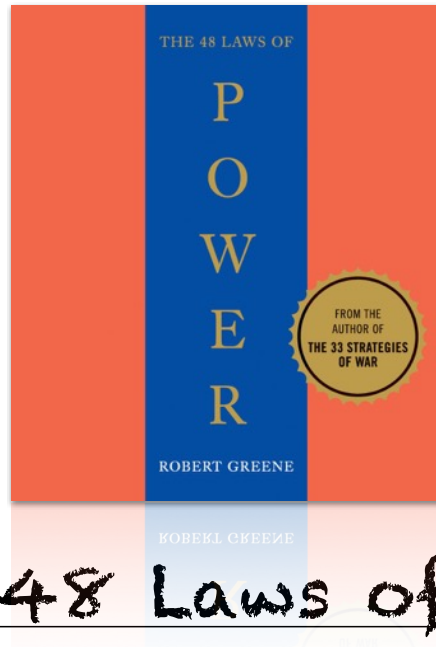
Brilliant and entertaining, *Outliers* is a landmark work that will simultaneously delight and illuminate.

**Why:** Malcolm Gladwell helps put into perspective how the best become the best. He shares interesting and mind-consuming facts about how and why high-achievers are how they are. This book passively teaches you exactly what is required in time to become an "Outlier."



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## 9. The 48 Laws of Power

by Robert Greene

**Available on both audio and written copy**

**Summary:** Drawn from 3,000 years of the history of power, this book is intended as a guide to help readers achieve for themselves what Queen Elizabeth I, Henry Kissinger, Louis XIV and Machiavelli learned the hard way.

**Why:** I really enjoyed the audio version of this book, the narrator's voice and delivery were rather engaging. The stories shared in this book are great for teaching you the principles of power, while guarding you from suffering extreme consequences like some of the historical figures mentioned in this book.



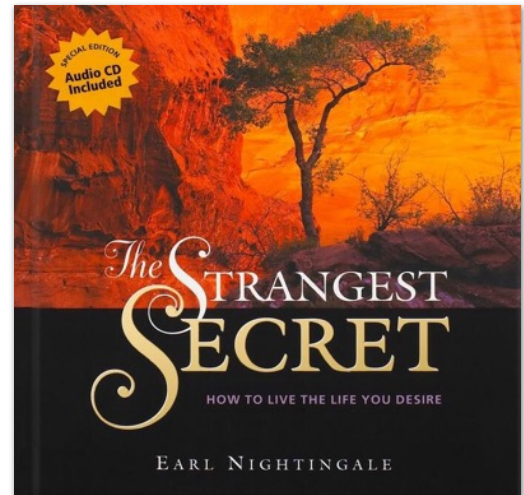
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## 10. The Strangest Secret

by Earl Nightingale



**Available on both audio and written copy**

**Summary:** This amazing message was first played for a group of salespeople at Earl Nightingale's insurance agency. They were utterly electrified. Word of it spread like wildfire, and everyone who heard it was positively ignited into action. Requests for a recording of the message came pouring in—thousands of requests per week. Within no time, more than 200,000 people had called, written, or just walked right into Earl's office to request a copy. As years went by, that number soared above 1,000,000. Today, more than 40 years later, *The Strangest Secret* remains one of the most powerful and influential messages ever recorded. It continues to transform the lives of everyone who hears and heeds it.

**Why:** Earl Nightingale brings to light some of the most interesting things about the average human being and the mind of him or her. After listening to this book multiple times, I have convinced myself I am going to live the life I desire because I will alter my mind to believe such a desire will happen. After you read or listen to this book, you will believe it as well. You can listen to this one for free on YouTube at [this link](#).



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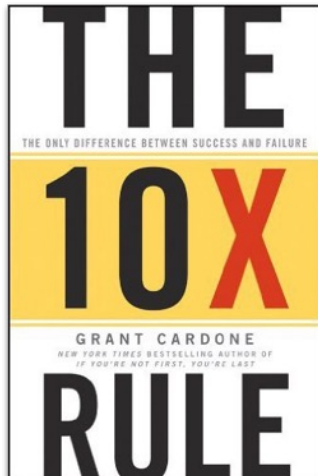
*A LITTLE EXTRA FOR YOU...*

**BONUS BOOK  
MENTIONS**



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# The Top 10 Books for Improving Your Overall Mindset



## The 10x Rule

by Grant Cardone

**Available on both audio and written copy**

**Summary:** Achieve "Massive Action" results and accomplish your business dreams! While most people operate with only three degrees of action-no action, retreat, or normal action-if you're after big goals, you don't want to settle for the ordinary.

To reach the next level, you must understand the coveted 4th degree of action. This 4th degree, also known as the 10 X Rule, is that level of action that guarantees companies and individuals realize their goals and dreams.

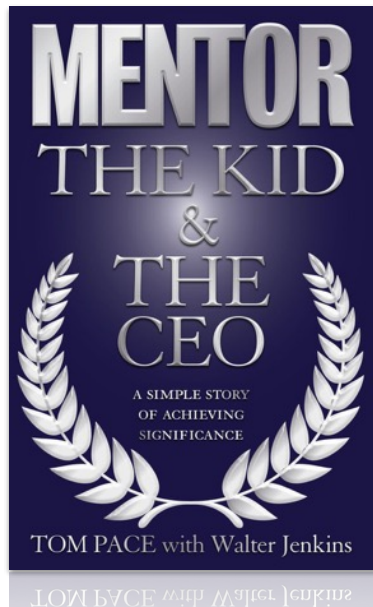
The 10 X Rule unveils the principle of "Massive Action," allowing you to blast through business clichés and risk-aversion while taking concrete steps to reach your dreams. It also demonstrates why people get stuck in the first three actions and how to move into making the 10X Rule a discipline. Find out exactly where to start, what to do, and how to follow up each action you take with more action to achieve Massive Action results. \* Learn the "Estimation of Effort" calculation to ensure you exceed your targets \* Make the Fourth Degree a way of life and defy mediocrity \* Discover the time management myth \* Get the exact reasons why people fail and others succeed \* Know the exact formula to solve problems. Extreme success is by definition outside the realm of normal action. Instead of behaving like everybody else and settling for average results, take Massive Action with The 10 X Rule, remove luck and chance from your business equation, and lock in massive success.

**Why:** Once I read this book, I realized if I wanted to achieve something great, I needed to 10x my efforts. Sometimes I would find myself slowing down on a project, task, or goal, and I would ask myself, "can I do more?". Every time, the answer was "yes." So I would do A LOT more! I have achieved so much with this adjustment in my mindset and so will you after reading this book. (P.S. the audio version is read by the author and he is quite the character, I recommend going audio with this book for sure!)



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## Mentor: The Kid and The CEO

by Tom Pace

**Available on both audio and written copy**

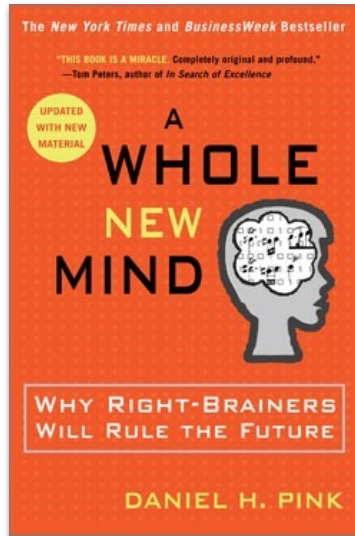
**Summary:** Tony has run-ins with the law and no direction in life until he meets Malcolm, a businessman who has faced many of the same challenges. Because Malcolm is willing to share his knowledge and experience with Tony, they both become successful and significant. There are setbacks for both student and teacher, but with hope and action they overcome very life challenging difficulties and achieve significance. This uplifting story is a quick-and-easy read, but delivers profound information in five areas: Mental, Physical, Spiritual, Financial and Relationships. Perfect for busy people, new readers, and for those with short attention spans. Inspired by actual events, this book shows anyone how to overcome challenges. It demonstrates the importance of sharing information about life lessons with others, so they have an opportunity to dream, grow and establish a successful life, despite all odds.

**Why:** If you're looking for a fictional, yet uplifting and easy read, I recommend this book. Have children or plan to have children one day? I would tuck this one away for them to read just because of the simple principles it provides about improving your overall wellness.



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## A Whole New Mind

by Daniel H. Pink

**Available on both audio and written copy**

**Summary:** The future belongs to a different kind of person with a different kind of mind: artists, inventors, storytellers-creative and holistic "right-brain" thinkers whose abilities mark the fault line between who gets ahead and who doesn't.

Drawing on research from around the world, Pink (author of *To Sell Is Human: The Surprising Truth About Motivating Others*) outlines the six fundamentally human abilities that are absolute essentials for professional success and personal fulfillment--and reveals how to master them. *A Whole New Mind* takes readers to a daring new place, and a provocative and necessary new way of thinking about a future that's already here.

**Why:** This book gives you a new perspective on how the brain works and why you should embrace your thinking as a right-brain thinker. Even if you don't think your strong suit is creative thinking, this book helps to outline the pathways you may discover to a new mind talent of yours.



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Let's connect!  
(click icons)



I hope these 10+ books add value to your life as they have mine and help to improve your overall mindset. Thank you for your ongoing support of the [Bent On Better](#) blog and [podcast](#). If you believe there are other books that should be mentioned, please send me an email at [matt@BentOnBetter.com](mailto:matt@BentOnBetter.com) so I can get better as well!



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