



## Dimensional's 2025 Summer Reading List

Did you know that in several languages, including French, Spanish, and Italian, the word for 'story' and 'history' is the same? In ancient Greek, the word 'historia' meant 'inquiry' or 'knowledge gained through inquiry,' which later evolved into 'history' and the basis for the word 'story'. The need to capture knowledge, to memorialize meaningful events, pass along learnings, or simply keep family histories alive has been a part of human existence for tens of thousands of years. In fact, the earliest evidence of stories, depicting animals, humans, and other objects, can be found in cave drawings in Lascaux and Chavet, France, dating as far back as 30,000 years ago. I hope you enjoy this year's Summer Reading List and are captivated and inspired by the knowledge gathered and shared through these stories.

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### Personal Development and Leadership

**Clarity & Connection** by Yung Pueblo

How intense emotions accumulate in our subconscious and condition us to act and react in certain ways.

**The Comfort Crisis: Embrace Discomfort To Reclaim Your Wild, Happy, Healthy Self** by Michael Easter

Discover the mind and body benefits of living at the edges of your comfort zone and reconnecting with the wild.

**The Surrender Experiment: My Journey into Life's Perfection** by Michael A. Singer

A road map for letting go of fear and embracing the unfolding of life in a state of inner peace.

**Mind Gym: Achieve More by Thinking Differently** by Sebastian Bailey and Octavius Black

Transform your personal and professional life by changing the way you think.

**Talk: The Science of Conversation and the Art of Being Ourselves** by Alison Wood Brooks

Examine the relentless challenges and opportunities presented by conversation.

**The Let Them Theory** by Mel Robbins

A guide on how to stop letting other people's opinions, drama, and judgment impact your life.

**Mastering Community: The Surprising Ways Coming Together Moves Us from Surviving to Thriving** by Christine Porath

An exploration of the impact and importance of building thriving communities.

**Atomic Habits** by James Clear

A comprehensive guide on how to change your habits and get 1% better every day.

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### Podcast Series & Fiction

**Huberman Lab** by Andrew Huberman

Science and science-related tools for everyday life.

**10% Happier** by Dan Harris

World-class insights and practices from experts in modern science and ancient wisdom.

**Founders** by David Senra

Learn from history's greatest entrepreneurs.

**17776** by Jon Bois

What football will look like in the future.

## Dimensional Leadership Selections

The below recommendations come directly from the Dimensional Executive Leadership team.

***The Human Scale*** by Lawrence Wright

Palestinian American FBI agent teams up with an Israeli cop to solve the murder of the Israeli police chief in Gaza.

***Of Boys and Men*** by Richard Reeves

Why the modern male is struggling, why it matters, and what to do about it.

***Good Brain Bad Brain: You Can't Believe Everything You Think!*** by Mark Sparvell

A practical guide to rewiring your brain for greater productivity and happiness.

***The Great Money Reset*** by Jill Schlesinger

A guide to getting real and building your best life.

***The Demon of Unrest*** by Erik Larson

A saga of hubris, heartbreak, and heroism at the dawn of the Civil War.

***Outlive: The Science & Art of Longevity***

by Bill Gifford and Peter Attia

An operating manual for longevity.

***The Women*** by Kristin Hannah

The story of a nurse who serves in the US Army Nurse Corps during the Vietnam War.

***Microwins*** by Daron K. Roberts

Go small, build momentum, and tackle the goals that actually matter in life.

## Biography and Nonfiction

***To Love and Be Loved: A Personal Portrait of Mother Teresa*** by Jim Towe

A firsthand account of Mother Teresa's last years and dealings with worldly matters.

***Fooled by Randomness*** by Nassim Nicholas Taleb

The hidden role of chance in life and in the markets.

***On the Edge: The Art of Risking Everything*** by Nate Silver

A guide to our era of risk and the players raising the stakes.

***Lincoln on Leadership: Executive Strategies for Tough Times*** by Donald T. Phillips

Examine Abraham Lincoln's diverse leadership abilities and how they can be applied to today's complex world.

***From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life*** by Arthur C. Brooks

The key to happiness in middle age and beyond.

Check out Dimensional's podcast series and listen to exclusive interviews with multiple authors from the 2025 Summer Reading list!



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hosted by Catherine Williams

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