

HOW TO BE
Fine

WHAT WE LEARNED FROM
LIVING BY THE RULES OF
50
SELF-HELP BOOKS

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THE FULL LIST OF BOOKS WE'VE LIVED BY, IN ORDER, SO FAR

- *The Secret* by Rhonda Byrne
- *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* by Marie Kondo
- *French Women Don't Get Fat: The Secret of Eating for Pleasure* by Mireille Guiliano
- *The Memory Book: The Classic Guide to Improving Your Memory at Work, at School, and at Play* by Harry Lorayne and Jerry Lucas
- *Past Lives, Future Healing: A Psychic Reveals the Secrets to Good Health and Great Relationships* by Sylvia Browne
- *America's Cheapest Family Gets You Right on the Money: Your Guide to Living Better, Spending Less, and Cashing in on Your Dreams* by Steve Economides and Annette Economides
- *Men Are from Mars, Women Are from Venus: The Classic Guide to Understanding the Opposite Sex* by John Gray
- *Class with the Countess: How to Live with Elegance and Flair* by LuAnn de Lesseps
- *How to Write an Ebook in Less Than 7–14 Days That Will Make You Money Forever* by Darren Ackers

- *Bored and Brilliant: How Spacing Out Can Unlock Your Most Productive and Creative Self* by Manoush Zomorodi
- *The Little Book of Hygge: Danish Secrets to Happy Living* by Meik Wiking
- *Why Good Things Happen to Good People: How to Live a Longer, Healthier, Happier Life by the Simple Act of Giving* by Stephen G. Post and Jill Neimark
- *The Miracle Morning: The Not-So-Obvious Secret Guaranteed to Transform Your Life (Before 8AM)* by Hal Elrod
- *What to Say When You Talk to Your Self* by Shad Helmstetter
- *The 5 Love Languages: The Secret to Love That Lasts* by Gary Chapman
- *The Wild Unknown Tarot Deck and Guidebook* by Kim Krans
- *The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living a Good Life* by Mark Manson
- *You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life* by Jen Sincero
- *Meditation for Fidgety Skeptics: A 10% Happier How-To Book* by Dan Harris and Jeff Warren, with Carlye Adler
- *Zero Waste Home: The Ultimate Guide to Simplifying Your Life by Reducing Your Waste* by Bea Johnson
- *Presence: Bringing Your Boldest Self to Your Biggest Challenges* by Amy Cuddy

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- *The Curated Closet: A Simple System for Discovering Your Personal Style and Building Your Dream Wardrobe* by Anuschka Rees
- “How to Apologize” by the Greater Good Science Center at UC Berkeley
- *Girl, Wash Your Face: Stop Believing the Lies About Who You Are So You Can Become Who You Were Meant to Be* by Rachel Hollis
- *A Simple Act of Gratitude: How Learning to Say Thank You Changed My Life* by John Kralik
- *Year of Yes: How to Dance It Out, Stand in the Sun and Be Your Own Person* by Shonda Rhimes
- *Pick Three: You Can Have It All (Just Not Every Day)* by Randi Zuckerberg
- *Pantsdrunk (Kalsarikänni): The Finnish Path to Relaxation* by Miska Rantanen
- *Big Magic: Creative Living Beyond Fear* by Elizabeth Gilbert
- *Astrology for Happiness and Success: From Aries to Pisces, Create the Life You Want—Based on Your Astrological Sign!* by Mecca Woods

- *The Four Agreements: A Practical Guide to Personal Freedom* by Don Miguel Ruiz
- *The 9 Steps to Financial Freedom: Practical and Spiritual Steps So You Can Stop Worrying* by Suze Orman
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