

The reading list

The 9:03 Essentials

This is not a comprehensive list. It's a curated list — books we return to because they help people build capacity, make better decisions, and live with intention across the Four Pillars. Begin where you feel you have a gap.

- 01** **The Choice** — *Dr. Edith Eger*
A Holocaust survivor's account of imprisonment, survival, and the freedom that only comes from within. Eger spent years in Auschwitz and decades learning that the biggest prison is the one we build in our own minds — and that we already hold the key.
- 02** **Super Agers** — *Eric Topol*
A guide to longevity that emphasizes prevention, healthspan, and evidence-based choices for staying stronger, healthier, and more capable as you age.
- 03** **Die With Zero** — *Bill Perkins*
A direct challenge to default accumulation. It reframes money as a tool for experiences, relationships, and memory dividends — now, not "someday."
- 04** **Four Thousand Weeks** — *Oliver Burkeman*
A perspective shift on the illusion of control and the myth of getting "caught up." Helps you choose what matters and let the rest go.
- 05** **Atomic Habits** — *James Clear*
The best practical system for turning intention into identity — small actions, repeated, that compound into a life.
- 06** **Man's Search for Meaning** — *Viktor Frankl*
The spiritual core of resilience. A timeless guide to meaning, responsibility, and choosing how you show up — especially when life isn't fair.
- 07** **The Psychology of Money** — *Morgan Housel*
Clear, human truths about behavior, risk, and what wealth is actually for. Less spreadsheets — more wisdom.
- 08** **The Comfort Crisis** — *Michael Easter*
A reminder that chosen discomfort builds confidence and capacity. The antidote to a life engineered for ease.
- 09** **From Strength to Strength** — *Arthur C. Brooks*
A clear guide for navigating the shift from striving and achievement to meaning, wisdom, and contribution — especially in the second half of life.
- 10** **The Lion Tracker's Guide to Life** — *Boyd Varty*
A beautiful bridge between wilderness and wisdom — presence, intuition, courage, and learning to pay attention to what's true.