

The 9:03 Essentials

This is not a comprehensive list. It's a curated one: 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.

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."

05

Atomic Habits

— James Clear

The best practical system for turning intention into identity: small actions, repeated, that compound into a life.

07

The Psychology of Money

— Morgan Housel

Clear, human truths about behavior, risk, and what wealth is actually for. Fewer spreadsheets, more wisdom.

09

From Strength to Strength

— Arthur C. Brooks

A guide for the shift from striving and achievement to meaning, wisdom, and contribution in the second half of life.

02

Super Agers

— Eric Topol

A tour of the new science of aging, and the evidence-based choices for staying stronger, healthier, and more capable as you age.

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.

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 when life isn't fair.

08

The Comfort Crisis

— Michael Easter

A reminder that chosen discomfort builds confidence and capacity. The antidote to a life engineered for ease.

10

The Lion Tracker's Guide to Life

— Boyd Varty

A bridge between wilderness and wisdom, and a lesson in paying attention to what's true.