

BOOKS 'N' MUCH MORE presents

MY PERSONAL READING JOURNEY

# 5 Books That Changed How I Think & Live

*Atomic Habits · 7 Habits · Rich Dad Poor Dad · The Subtle Art · How to Win Friends*

A curated reading journey by

**Prashant — Books 'n' Much More**

**FREE — Your Reading Companion**

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# What's Inside

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**Book 1** Atomic Habits — *James Clear*

*Theme: Building Better Systems*

**Book 2** The 7 Habits of Highly Effective People — *Stephen R. Covey*

*Theme: Leading Yourself Before Leading Others*

**Book 3** Rich Dad Poor Dad — *Robert T. Kiyosaki*

*Theme: Rethinking Money From the Ground Up*

**Book 4** The Subtle Art of Not Giving a F\*ck — *Mark Manson*

*Theme: Choosing What Actually Matters*

**Book 5** How to Win Friends and Influence People — *Dale Carnegie*

*Theme: The Timeless Art of Human Connection*

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*This is not a book summary. It is my personal account of what each book meant to me — where I was when I read it, what shifted in my thinking, and the lessons I carry with me every day. I hope it inspires you to pick up at least one of these books for yourself.*

## **Why I Started Reading**

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I have spent 17 years in data and analytics — building pipelines, designing architectures, presenting to leadership. For most of those years, I read almost nothing outside of technical documentation.

Then one evening, stuck in a loop of professional frustration and personal restlessness, I picked up *Atomic Habits*. I finished it in three days. Something cracked open.

Over the next two years, I read voraciously — self-help, finance, philosophy, psychology. I started *Books 'n' Much More* as a way to share what I was discovering: that the answers to most of life's practical questions already exist, written down, waiting to be read.

This short eBook captures five books that genuinely changed how I think. Not what they say — you can find that anywhere. But what they meant to me, at the specific moment I encountered them. I hope you find something useful here.

— *Prashant, Books 'n' Much More*

# Atomic Habits

by James Clear

## When I Read It

*When I felt stuck despite setting big goals*

## The Moment It Hit Me

I had a to-do list the length of my arm and zero follow-through. Goals were everywhere — fitness goals, career goals, learning goals. Results? Nowhere. Then Atomic Habits walked me off the cliff I was standing on. The problem wasn't my ambition. It was that I had no system.

Clear's central argument is deceptively simple: you don't rise to the level of your goals, you fall to the level of your systems. Reading that line felt like someone had finally named the thing I had been doing wrong for years.

## The Shift It Created

I stopped asking 'what do I want to achieve?' and started asking 'what kind of person do I want to become?' Identity-based habits changed everything. Instead of 'I want to read more books,' I told myself 'I am a reader.' That one reframe made the habit feel non-negotiable.

***"Every action you take is a vote for the type of person you wish to become."***

## Lessons I Still Carry

1. 1% better every day compounds to 37x better in a year. Small is powerful.
2. Design your environment for success — willpower is a finite resource.
3. Never miss twice. One bad day is an accident; two is the start of a new habit.
4. Make good habits obvious, attractive, easy, and satisfying.

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*Read more about Atomic Habits at [booksnmuchmore.com](https://booksnmuchmore.com)*

# The 7 Habits of Highly Effective People

by Stephen R. Covey

## When I Read It

*When I moved into an architect-level role and felt the weight of leadership*

## The Moment It Hit Me

Seventeen years in data and analytics teaches you a lot about systems, pipelines, and dashboards. What it doesn't always teach you is how to lead — yourself first, then others. When I stepped into a principal architect role, I felt the gap acutely.

Covey's book isn't about productivity hacks. It's about character. His framework moves from private victory (habits 1–3: be proactive, begin with the end in mind, put first things first) to public victory (habits 4–6: think win-win, seek first to understand, synergize). Most people skip the private victory entirely. I had.

## The Shift It Created

The concept of the 'circle of influence vs. circle of concern' rewired how I spend my mental energy. I used to worry obsessively about things I couldn't control — office politics, market conditions, other people's opinions. Now I ask: is this inside my circle of influence? If not, I let it go. That one habit alone freed up enormous mental bandwidth.

***"Most people do not listen with the intent to understand; they listen with the intent to reply."***

## Lessons I Still Carry

1. Be proactive — respond, don't react. You choose your response to every situation.
2. Begin with the end in mind: write your own eulogy and work backwards.
3. Put first things first: urgent ≠ important. Guard your quadrant 2 time.
4. Seek first to understand, then to be understood — most people do it backwards.

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*Read more about The 7 Habits of Highly Effective People at [booksnmuchmore.com](https://booksnmuchmore.com)*

# Rich Dad Poor Dad

by Robert T. Kiyosaki

## When I Read It

*When I realised a good salary alone was not a financial plan*

## The Moment It Hit Me

I grew up with the standard script: study hard, get a good job, save money. For a long time, I followed it faithfully. Good education. Stable career. Decent savings. And yet, something felt precarious — like the entire structure depended on me showing up every single month.

Rich Dad Poor Dad didn't just challenge that script — it burned it. Kiyosaki's central insight: the rich don't work for money. They make money work for them. The poor and middle class buy liabilities thinking they're assets. The rich buy assets that generate income. Reading this in my 30s felt both liberating and slightly embarrassing — why had no one explained this earlier?

## The Shift It Created

The most important shift was learning to see my monthly salary as a starting point, not a destination. I began studying the difference between assets (things that put money in your pocket) and liabilities (things that take money out). I started asking of every purchase: is this making me richer or keeping me comfortable? Those are very different things.

***"The single most powerful asset we all have is our mind. If it is trained well, it can create enormous wealth."***

## Lessons I Still Carry

1. Assets put money in your pocket. Liabilities take money out. Know the difference.
2. Financial education is more valuable than academic education for building wealth.
3. Work to learn, not just to earn — skills compound like interest.
4. Your house is not an asset unless it generates income.

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*Read more about Rich Dad Poor Dad at [booksnmuchmore.com](https://booksnmuchmore.com)*

# The Subtle Art of Not Giving a F\*ck

by Mark Manson

## When I Read It

*When I was spreading myself too thin trying to be everything to everyone*

## The Moment It Hit Me

There's a particular kind of exhaustion that comes from caring too much about too many things. Approval from every stakeholder. A perfect professional image. Never saying no. Always being available. I was living that exhaustion.

Mark Manson's book — blunt, funny, and surprisingly philosophical — landed at exactly the right moment. His core argument: we have a limited number of f\*cks to give. The question is not how to care more — it's how to care about the right things. Most of our anxiety comes from caring about things that simply don't deserve our finite emotional energy.

## The Shift It Created

The chapter on responsibility changed me the most. Manson argues that even when we're not at fault for something, we are always responsible for how we respond to it. Fault and responsibility are different things. I stopped waiting for circumstances to be perfect before taking ownership of my outcomes. That shift from victimhood to authorship was quiet but profound.

***"Who you are is defined by what you're willing to struggle for."***

## Lessons I Still Carry

1. You have limited f\*cks to give — spend them on what genuinely matters to you.
2. Struggle is unavoidable. Choose the struggles worth having.
3. Fault and responsibility are different. Own your responses regardless of cause.
4. Certainty is the enemy of growth. Embrace not knowing.

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*Read more about [The Subtle Art of Not Giving a F\\*ck](https://booksnmuchmore.com) at [booksnmuchmore.com](https://booksnmuchmore.com)*

# How to Win Friends and Influence People

by Dale Carnegie

## When I Read It

*When I realised technical skills alone don't build a career*

## The Moment It Hit Me

In a 17-year career in data and analytics, I have seen technically brilliant people plateau — and less technical people soar — because of one invisible differentiator: how well they work with people. I was determined not to be the former.

Carnegie wrote this book in 1936 and it reads like it was written yesterday. His principles — be genuinely interested in others, remember names, make people feel important, never criticise directly — are not manipulation tactics. They are the foundation of authentic human connection. The book taught me that influence is not something you do to people. It is something you earn by caring about them first.

## The Shift It Created

The biggest shift was learning to truly listen. Not to respond — to understand. Carnegie says the deepest human craving is the desire to feel important and understood. When I started conversations by asking about the other person's world before talking about mine, something remarkable happened: people became more open, more collaborative, and more willing to hear my perspective too. Giving attention is the most underrated currency in professional life.

***"You can make more friends in two months by becoming interested in other people than in two years trying to get people interested in you."***

## Lessons I Still Carry

1. Be genuinely interested in others — people can tell the difference.
2. A person's name is the sweetest sound to them in any language.
3. Talk in terms of the other person's interests, not your own.
4. Never criticise, condemn, or complain — it never achieves what you hope.

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*Read more about How to Win Friends and Influence People at [booksnmuchmore.com](https://booksnmuchmore.com)*

## **The Journey Continues**

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These five books are just the beginning. On Books 'n' Much More, I explore a new book every few weeks — through storytelling, summaries, and honest personal reflection. All in a way that feels real, not academic.

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