17 Books That Inspire Inner Peace and Happiness

Happiness is like a drug. It feels so good that we continually seek out more of those euphoric moments just to get another hit. In our modern society, being happy has become a symbol of success, and science backs it up too.



- [ ] 300 Arguments by Sarah Manguso
- [ ] This Is Water by David Foster Wallace
- [ ] A Book of Uncommon Prayer by Brian Doyle
- [ ] The Fox and the Star by Coralie Bickford-Smith
- [ ] When Breath Becomes Air by Paul Kalanithi
- [ ] SoulPancake: Chew on Life's Big Questions by Rainn Wilson
- [ ] Odes to Common Things, Bilingual Edition by Pablo Neruda
- [ ] Big Magic: Creative Living Beyond Fear by Elizabeth Gilbert
- [ ] Happier by Tal Ben-Shahar
- [ ] The Happiness Makeover: Teach Yourself to Enjoy Every Day by M.J. Ryan
- [ ] Your Life Manual: Practical Steps to Genuine Happiness by David Ambrose
- [ ] The Prophet by Kahlil Gibran
- [ ] Jonathan Livingston Seagull: The Complete Edition by Richard Bach
- [ ] And Still I Rise: A Book of Poems by Maya Angelou
- [ ] The Wisdom of Insecurity: A Message for an Age of Anxiety by Alan W. Watts
- [ ] Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed

- [ ] The Zen Commandments: Ten Suggestions for a Life of Inner Freedom by Dennis Kayne

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