



# RESTRICTED READING 2.0: The Few More That Matter

**A hypocrite is a person who—but who isn't?**  
-Don Marquis

Once again, none of these are required to do what we've talked about in this book. That said, consider them if you get stuck on a particular point. The page counts are listed, and if you practice the exercises in "How to Read 200% Faster in 10 Minutes" in Chapter 6, you should be able to read at least 2.5 pages per minute (100 pages thus = 40 minutes).

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## DEVELOPING PRESENT AWARENESS:

**Peace Is Every Step: The Path of Mindfulness in Everyday Life**  
by Thich Nhat Hanh  
(160 pages)

Thich Nhat Hanh is a Vietnamese Buddhist Monk who was nominated for the Nobel Peace Prize by Dr. Martin Luther King, Jr. Now based in France, his philosophies and writings are famous for their practical applications, and this book is considered by most to be his best. His lessons are all taught through vignettes and short stories. This book is the antidote to feeling rushed.

**The Alchemist**  
by Paulo Coelho  
(192 pages)

This short masterpiece is often compared to The Little Prince. It is an excellent story to keep on hand and reread whenever you feel lost. The fundamental message (I won't spoil it here) is woven in beautifully clear—but not at all juvenile—language that makes it a pleasure to read. Reread annually.

## CLEAR THINKING AND PROBLEM SOLVING:

**Simple & Direct**  
by Jacques Barzun  
(288 pages)

It is hard to improve thinking. It is near impossible to remember and review after-

the-fact. Practicing writing—thinking frozen in time—is the best way to refine thinking and upgrade your happiness quotient. Barzun's stated goal in this book is "to resensitize the mind to words." His refrain, which applies as much to self-talk as it does to communicating with others is: do not use a word unless you know both its meaning and its connotations. Great advice and a great book.

**On Writing Well: The Classic Guide to Writing Nonfiction**  
by William K. Zinsser  
(336 pages)

I have read this book close to a dozen times, more often for thinking than for writing. It is a hysterical read and a great example of what it teaches: how to cut all clutter and keep your communication—and thinking—crystal clear. If you think you think and write well, read this book at least once. It's like going from a tricycle to a ten-speed.

**MUSE CREATION AND LICENSING:**

**How to License Your Million Dollar Idea: Everything You Need to Know to Make Money from Your New Product Idea**  
by Harvey Reese  
(240 pages)

What is the difference between people who say "I had that idea years ago" and those who made millions coming up with the ideas? Reese answers this question by dissecting examples of successful licensing ventures including Teenage Mutant Ninja Turtles®, Pound Puppies®, and Monopoly®. This "how to not go into business for yourself" guide shows how to let someone else do all the manufacturing and marketing for you. Reese has licensed hundreds of products himself and shows you how to do the same.

**LANGUAGE ACQUISITION:**

Listed in the order to be used, including a few non-book resources:

**Michel Thomas Deluxe Set Language CDs**  
([www.michelthomas.com](http://www.michelthomas.com))

He's taught French to Grace Kelly and Italian to dignitaries. Michel Thomas is a celebrity language tutor and now has CDs for Italian, Spanish, German, and French. Start with his 8-CD sets if you are studying one of these languages. The CDs are fast-paced and use many of the principles of the Pimsleur Method without the excessive repetition.

**Living Language Ultimate Series**, by Living Language (Random House)  
(<http://randomhouse.com/livinglanguage/>)

The Living Language Ultimate series of books and CDs is great for beginner to intermediate students. I have used this series for both Spanish and Portuguese grammar, as well as German grammar review.

**Vis-Ed Flashcards** ([www.vis-ed.com](http://www.vis-ed.com))

Vis-Ed flashcards are the fastest way to learn the highest frequency vocabulary of your target language. I've used these for all languages learned to date except for Irish Gaelic.

**Barron's Grammar Series**, (Barron's Educational Series, Inc.)  
(<http://barronseduc.com/>)

This series is available in multiple languages and small enough to fit in a pocket. Great for quick reference on-the-go and reviewing sticking points with natural sample sentences. I have used this series for Japanese, German, and Spanish reactivation.

**VocabuLearn Language Learning CD Series**

(<http://www.pentonoverseas.com/vocabulearn-languages.htm>)

This audio series—somewhat confusing for first-time learners—is great for reactivating previously acquired and since forgotten languages. Music-enhanced (Baroque music for recall improvement) CDs available for more than 20 languages are available.