

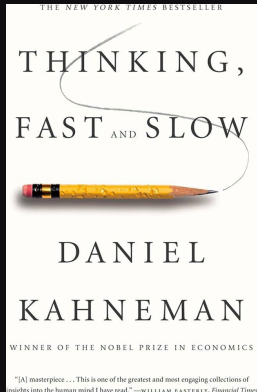
The Reading List

Nobody Gives You in Tech

11 books on psychology, focus, planning, and communication

PSYCHOLOGY & SELF-AWARENESS

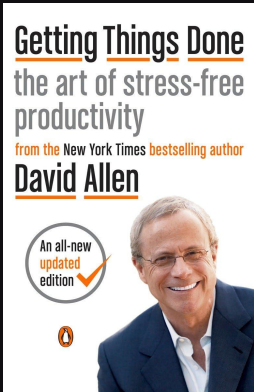
PLANNING & SYSTEMS



Thinking, Fast and Slow

Daniel Kahneman

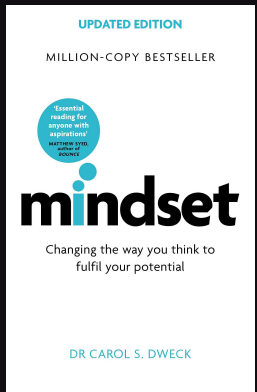
Why your brain takes shortcuts — and when those shortcuts fail you. Explains estimation bias, overconfidence, and why debugging is harder than writing code. One of the most useful books I've read for understanding my own decision-making.



Getting Things Done

David Allen

The original. A complete system for capturing, organising, and acting on work. Overkill to implement fully — but even a 20% version of GTD removes a huge amount of mental overhead.



Mindset

Carol S. Dweck

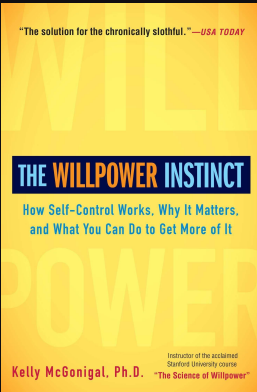
Fixed vs. growth mindset — the research behind it, not the motivational poster version. Particularly useful when you're learning something that keeps breaking you, which is most of the time in tech.



The Checklist Manifesto

Atul Gawande

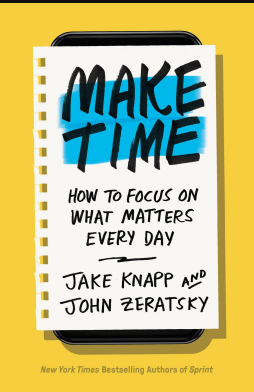
About how simple checklists prevent catastrophic errors in surgery, aviation — and code. Short read. Changed how I think about repeatable processes and deployment workflows.



The Willpower Instinct

Kelly McGonigal

Based on a Stanford course. Covers procrastination, self-control, and why "just try harder" doesn't work. Practical chapter by chapter — not a philosophy read.



Make Time

Jake Knapp & John Zeratsky

From the designers of Google Ventures sprints. Lightweight system for choosing one thing each day and protecting time for it. Less dogmatic than GTD — easier to actually use.

FOCUS & DEEP WORK

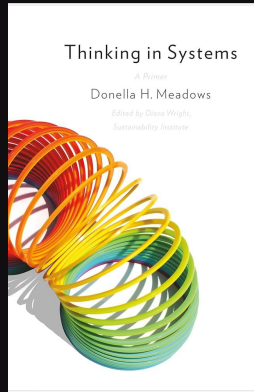
COMMUNICATION & THINKING



Deep Work

Cal Newport

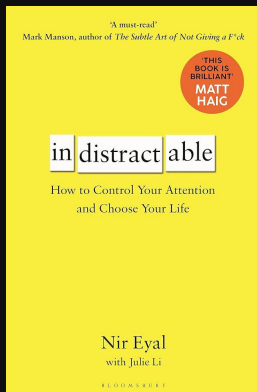
The case for protected, distraction-free thinking time — and how to build it when everything around you is designed to prevent it. A bit evangelical in tone, but the core argument is solid.



Thinking in Systems

Donella Meadows

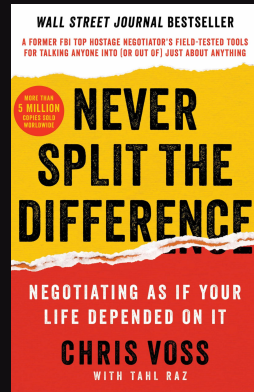
A mental model book disguised as an engineering book. Teaches you to see feedback loops, delays, and unintended consequences — in codebases, in teams, in organisations. Genuinely changed how I read requirements.



Indistractable

Nir Eyal

More practical than Deep Work. Covers internal triggers (boredom, anxiety) that pull you away from work — not just external ones like notifications. The author also wrote Hooked, so he knows exactly how distraction is engineered.

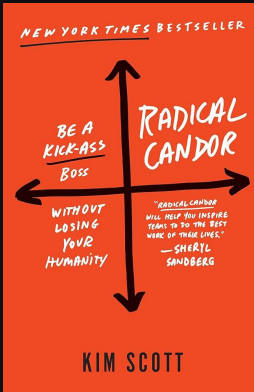


Never Split the Difference

Chris Voss

Negotiation by a former FBI hostage negotiator. The techniques apply to client scope conversations, salary discussions, and any situation where two people want different things. Tactical and readable.

More resources:
shebuildswithin.com/resources



Radical Candor

Kim Scott

How to give honest feedback without being unkind — and how to receive it. More useful once you're working with a team, but worth reading before you get there.