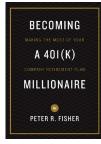
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# LIFE HACKS

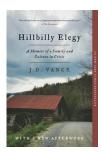
## DO YOU LIKE TO READ?

We like to read. We included some of our favorite books. Click each cover for more.



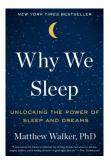
#### **BECOMING A 401(K) MILLIONAIRE**

Human Investing's co-founder Peter Fisher highlights the benefits of participating in an employer-sponsored retirement plan in Becoming a 401k Millionaire.



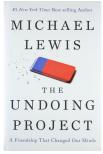
### HILLBILLY ELEGY: A MEMOIR OF A FAMILY AND CULTURE IN CRISIS

J.D Vance graces us with his family's story of relocating in hopes of escaping poverty's vicious cycles. His memoir is a descriptive and poignant narrative about the trials and tribulations of upwards mobility.



### WHY WE SLEEP: UNLOCKING THE POWER OF SLEEP AND DREAMS

Matthew Walker, neuroscientist and sleep expert, explores the physical and mental aspects of sleep and its impact on our well-being. This book takes a deep dive into the purpose and power of slumber.



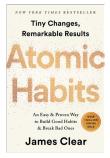
### THE UNDOING PROJECT: A FRIENDSHIP THAT CHANGED OUR MINDS

Michael Lewis writes about the friendship of Amos Tversky and Daniel Kahneman. Their work, published forty years ago, revolutionized our perception of reality.

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### ATOMIC HABITS: AN EASY & PROVEN WAY TO BUILD GOOD HABITS & BREAK BAD ONES

James Clear offers a framework for improving – everyday. He highlights that if you're having trouble changing your habits, the problem isn't you. His framework offers strategies to improve both your professional and personal habits.

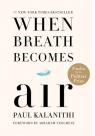
#### Atul Gawande

#1 NEW YORK TIMES BESTSELLER

#### Being Mortal

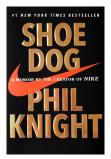
Atul Gawande, a practicing surgeon, shares advice on how to best approach inevitably difficult end of life decisions. Though end of life discussions are often difficult to initiate, he reiterates the importance of planning.

BEING MORTAL: MEDICINE AND WHAT MATTERS IN THE END



#### WHEN BREATH BECOMES AIR

Paul Kalanithi spent a decade training as a neurosurgeon. He was thirty-six years old when he was diagnosed with lung cancer – and in a matter of minutes shifted from doctor to patient. His memoir is an inspiring reminder that life is fragile.



#### SHOE DOG: A MEMOIR BY THE CREATOR OF NIKE

Phil Knight shares inside stories of one of the most recognizable companies the world. This book is ideal for someone curious about the formation and ongoing operations of Nike.

Do you have a book you think we would like? Please send us your recommendations!