

READ 4 BOOKS

Reading is important, very important. It's a way to learn without having to spend thousands on a formal education. It's a way to spend down time to your benefit. It's a method of broadening your mind without having to set foot on a plane.

It's vital for a guy who wants to learn and grow.

I'm an *insanely* slow reader. I really dig into every word. When I read fast I just don't get the same out of the book. So I read slow. Very slow. So for me to read 4 books in a month takes a good deal of time, and time is something we all have if we would just use it better.

That's the challenge, choose four books you've always wanted to read or think you should read, classics, modern books, whatever, and bang through them within the next month.

This will have to mean a few things:

1. You watch zero minutes of TV.
2. You use your down time *effectively*.
3. You have your books on you always.

Now, if you want to include up to two audiobooks, do so. Steven King counts his books *listened to* as books read. I have no problem with that so long as we're absorbing the information and not just putting it on when we're busy.

I listen to audiobooks when I'm training and when I'm driving. Time well spent and I actually *get them*. Typically, however, I'll read the book I'm listening to in the future. Good idea.

So, choose your books.

In the video above I give a few good recommendations.