Mark Divine’s
Unbeatable Mind Reading List

Success, Philosophy & the Mind

• Way of the SEAL, by Mark Divine
• Theory of Everything, by Ken Wilbur
• Integral Spirituality, by Ken Wilbur
• Man’s Search for Meaning, by Viktor Frankl
• Think and Grow Rich or The Law of Success, by Napoleon Hill
• Being Peace, by Thich Hhat Hanh
• Yoga Sutras, by Patanjali
• As a Man Thinketh, by James Allen
• The Power of Now, by Eckhart Tolle
• Grandfather, by Tom Brown, Jr.
• The Search, by Tom Brown
• 4 Hour Work Week, by Timothy Ferriss
• The Talent Code, by Daniel Coyle
• The Soul of Leadership, by Deepak Chopra
• Unleash the Warrior Within, by Richard J. Machowicz
• Thoughts of a Philosophical Fighter Pilot, by Jim Stockdale
• On Killing, by Dr. Dave Grossman
• Book of Five Rings, by Myomato Musashi
• The Art of War, by Sun Tzu
• The War of Art, by Steven Pressfield
• Integral Life Practice, by Wilbur, Patton, Leonard, Morelli
• Ageless Mind, Timeless Body, by Deepak Chopra
• The Answer to How is Yes, by Peter Block
• The Present, by Spencer Johnson
• An Invented Life, by Warren Bennis
• Jacob the Baker, by Noah Ben Shea
• 7 Habits of Highly Effective People, by Stephen R. Covey
• The Story of Philosophy, by Will Durant
• Spark: The Revolutionary New Science of Exercise and the Brain, by John J. Ratey
• Power vs. Force, by David R. Hawkins M.D. Ph.D.
• Da Vinci and the 40 Answers, by Mark L. Fox
• *Abundance: The Future Is Better Than You Think*, by Peter Diamandis
• *Thinking, Fast and Slow*, by Daniel Kahneman
• *Blink: The Power of Thinking without Thinking*, by Malcolm Gladwell
• *The Speed of Trust*, by Stephen M.R. Covey

**Kokoro & Warrior Spirit**

• *The Fighter’s Mind*, by Sam Sheridan
• *Mind Power*, by Kazumi Tabata
• *Karate-Do: My Way of Life*, by Gichin Funakoshi
• *The Warrior Ethos*, by Steven Pressfield
• *Born to Run*, by Chris McDougall
• *There is a Spiritual Solution to Every Problem*, by Wayne Dyer
• *Light on Yoga*, K. S. Iyanger
• *Light on Pranayama*, K. S. Iyanger
• *Zen Mind, Beginners Mind*, by Shunryu Suzuki
• *Three Pillars of Zen*, by Phillip Kapleau
• *Awakening Spirits*, by Tom Brown
• *Intuitive Warrior*, by Mike Jaco
• *Warrior Mindset*, Michael ASken
• *Living the Martial Way*, by Forrest E. Morgan
• *Essential Spirituality*, by Roger Walsh
• *Gates of Fire*, by Steven Pressfield
• *Unbroken*, by Laura Hillenbrand
• *The Long Walk*, ny Slavomir Rawicz
• *Extreme Fear*, by Jeff Wise
• *In Search of the Warrior Spirit, Fourth Edition: Teaching Awareness Disciplines to the Green Berets*, by Richard Strozzi-Heckler
Fitness and Nutrition

- *8 Weeks to SEALFIT*, by Mark Divine
- CrossFit® Journal articles “What is Fitness” and “What is CrossFit” by Greg Glassman
- *Starting Strength*, by Mark Rippetoe
- *Natural Hormonal Enhancement*, by Rob Fagin
- *The Paleo Solution*, by Robb Wolf
- *Becoming a Supple Leopard*, by Kelly Starrett

SEAL / SOF / Military History

- “Spec Ops - Case Studies”, by Adm William McRaven
- *Lone Survivor*, by Marcus Luttrell
- *Warrior Soul*, by Chuck Pfarrer
- *The Warrior Elite*, by Dick Couch
- *Down Range, Navy SEALs in the War on Terrorism* by Dick Couch
- *The Finishing School*, by Dick Couch
- *You Want Me To Do What?* by Jeff Kraus, published by SEALFIT/NavySEALs.com
- *One Bullet Away*, by Nathaniel Fick
- *Blackhawk Down: A Story of Modern War*, by Mark Bowden
- *Killing Rommell*, by Steven Pressfield
- *Generation Kill*, by Evan Wright
- *The Afghan Campaign*, by Steven Pressfield
- *SEAL of Honor*, by Gary Williams
- *Robert’s Ridge*, Malcom MacPherson
- *The Last Stand*, by Nathaniel Philbrick
- *Fearless: The Undaunted Courage and Ultimate Sacrifice of Navy SEAL Team SIX Operator*, by Adam Brown