

Chapter 22: Bonus: Recommended Reading and Principles

The Almanack of Naval Ravikant • Executive Breakdown

NAVAL RAVIKANT

1 Naval's Essential Canon: Science and Evolution

- ✓ The Beginning of Infinity by David Deutsch: an unyielding philosophical defense of science, optimism, and infinite human progress through error correction.
- ✓ The Selfish Gene and The Blind Watchmaker by Richard Dawkins: decoding the true genetic mechanisms that drive biological evolution and social behavior.
- ✓ Feynman's Lectures on Physics: mastering first-principles physics to understand the rigid computational rules of the physical universe.

2 Naval's Essential Canon: Philosophy and Human Nature

- ✓ Meditations by Marcus Aurelius: ancient Stoic operating manual on duty, emotional control, and decoupling from external praise.
- ✓ Sapiens by Yuval Noah Harari: understanding how shared fictional myths allow millions of genetically unrelated primates to coordinate globally.
- ✓ Tao Te Ching by Lao Tzu and The Book of Five Rings by Miyamoto Musashi: cultivating effortless mastery, fluid adaptability, and supreme presence.

3 Naval's Life Formulas and Definitive Aphorisms

- ✓ Happiness = Health + Wealth + Good Relationships; Health = Exercise + Diet + Sleep; Wealth = Income + Wealth × (Return on Investment).
- ✓ A busy calendar and a busy mind will destroy your ability to create anything great in this world.
- ✓ The ultimate goal of all wealth accumulation, intellectual training, and philosophical discipline is to become completely free.

Chapter Summary

- ✓ Build an elite foundational library centered on timeless scientific, evolutionary, and philosophical masterworks.
- ✓ Prioritize deep books that reshape your cognitive operating system over topical bestsellers that quickly become obsolete.
- ✓ Implement Naval's Life Formulas to systematically track the mathematical variables governing health, wealth, and tranquility.
- ✓ Remember the ultimate objective: wealth, health, and judgment exist solely to grant you sovereign freedom in body and mind.