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**How to Take
Back Our Time,
Attention, and
Purpose in a
World Designed
to Bury Us
in Bullshit**

**Julio Vincent
Gambuto**

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Book List

Summer 2023

Dear Reader,

Thank you for reading *Please Unsubscribe, Thanks!* It is my greatest hope that the book is a meaningful contribution to both your life and to the public conversation.

The following list represents the brilliant books and authors quoted, mentioned, or cited in the book, as well as other books that inspired the conversation. You'll notice that I have not included "buy links" in this document. Instead, I encourage you to support your local independent bookstore.

Reader resources are provided to help continue the conversation of the book. Please check out my website — www.juliovincent.com — for additional resources, as well as a full list of the latest book events.

Please do tell your friends, family, and colleagues about the book. The more we talk about a better way to do things — and about a better world — the easier it is to create.

Sending my best from New York City,

A handwritten signature in black ink, appearing to be the initials 'JV' in a stylized, cursive script.

BOOKS QUOTED, MENTIONED, OR CITED

We Need to Hang Out

A Memoir of Making Friends

by Billy Baker

The Forever Transaction

How to Build a Subscription Model So
Compelling, Your Customers Will Never
Want to Leave

by Robbie Kellman Baxter

Four Thousand Weeks

Time Management for Mortals

by Oliver Burkeman

Atomic Habits

An Easy & Proven Way to Build Good
Habits & Break Bad Ones

by James Clear

How Many Friends Does One Person Need?

Dunbar's Number and Other
Evolutionary Quirks

by Robin Dunbar

The 4-Hour Workweek

by Timothy Ferriss

On Bullshit

by Harry G. Frankfurt

Adrift

America in 100 Charts

by Scott Galloway

Chokepoint Capitalism

How Big Tech and Big Content Captured
Creative Labor Markets and How We'll Win
Them Back

by Cory Doctorow and Rebecca Giblin

The Dawn of Everything

A New History of Humanity

by David Graeber and David Wengrow

How to Hide an Empire

A History of the Greater United States

by Daniel Immerwahr

Why We're Polarized

by Ezra Klein

The Address Book

What Street Addresses Reveal About
Identity, Race, Wealth, and Power

by Deirdre Mask

A Theory of Human Motivation

by A.H. Maslow

The Portable Nietzsche

by Friedrich Nietzsche

Beyond Mind Games

The Marketing Power of Psychographics

by Rebecca Piirto

The Omnivore's Dilemma

A Natural History of Four Meals

by Michael Pollan

Cognitive Therapy of Depression

by A. John Rush

Civilized to Death

The Price of Progress

by Christopher Ryan

Winning the Story Wars

Why Those Who Tell (and Live) the Best
Stories Will Rule the Future

by Jonah Sachs

The Wealth of Nations

Books 1–3

by Adam Smith

Goliath

The 100-Year War Between Monopoly
Power and Democracy

by Matt Stoller

Subscribed

Why the Subscription Model Will Be
Your Company's Future—and What to
Do About It

by Tien Tzuo and Gabe Weisert

Persist

by Elizabeth Warren

The War on Normal People

The Truth About America's
Disappearing Jobs and Why Universal
Basic Income Is Our Future

by Andrew Yang

The Age of Surveillance Capitalism

The Fight for a Human Future at the
New Frontier of Power

by Shoshana Zuboff

ADDITIONAL BOOKS THAT INSPIRED THE CONVERSATION

The Enemy of the New Man

Homosexuality in Fascist Italy

by Lorenzo Benadusi

Confronting Capitalism

How the World Works and How to Change It

by Vivek Chibber

Designing Your Life

How to Build a Well-Lived, Joyful Life

by Dave Evans and Bill Burnett

The Four

The Hidden DNA of Amazon, Apple, Facebook, and Google

by Scott Galloway

The Coddling of the American Mind

How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure

by Jonathan Haidt and Greg Lukianoff

You've Been Played

How Corporations, Governments, and Schools Use Games to Control Us All

by Adrian Hon

White Trash

The 400-Year Untold History of Class in America

by Nancy Isenberg

The Life-Changing Magic of Not Giving a F*ck

How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do

by Sarah Knight

The Subtle Art of Not Giving a F*ck

A Counterintuitive Approach to Living a Good Life

by Mark Manson

Story

Style, Structure, Substance, and the Principles of Screenwriting

by Robert McKee

Power Branding

Leveraging the Success of the World's Best Brands

by Steve McKee

Love People, Use Things

Because the Opposite Never Works

by The Minimalists - Joshua Fields

Millburn and Ryan Nicodemus

The Death of Expertise

The Campaign Against Established Knowledge and Why it Matters

by Tom Nichols

Weapons of Math Destruction

How Big Data Increases Inequality and Threatens Democracy

by Cathy O'Neil

We've Got to Try

How the Fight for Voting Rights Makes Everything Else Possible

by Beto O'Rourke

Capital in the Twenty-First Century

by Thomas Piketty

You Are What You Click

How Being Selective, Positive, and Creative Can Transform Your Social Media Experience

by Dr. Brian A. Primack

The Dark Side of Social Media

A Consumer Psychology Perspective

by Angeline Close Scheinbaum

Buy Yourself the F*cking Lilies

And Other Rituals to Fix Your Life, from Someone Who's Been There

by Tara Schuster

1946

The Making of the Modern World

by Victor Sebestyen

You Are a Badass

How to Stop Doubting Your Greatness and Start Living an Awesome Life

by Jen Sincero

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