



Dr. Dennis Perman ::

Message of The Week



Best Reading of 2013

January 27, 2014

Dear Doctor:

Every year, I look forward to sharing the fruits of my reading labors in my recommended book list, and each year I struggle to pare down the list to what I believe to be the most relevant and entertaining materials for you to appreciate and grow from.

This year is no different – there were dozens of worthwhile efforts, some of which were too specialized to fit this task, other too radical in their position to have the broad appeal I look for. I believe that these entries will please you, inspire you, and stimulate you to pursue further study in these areas of interest.

This was a crazy year for me – in addition to this humble weekly column, I also write the Chiropractic Miracles Newsletter for patients, the Advanced Citizen newsletter for members of the Winners Circle, the Practice Tip of the Month that goes out with our members' statistics, five chapters on my book on sexuality, six of the eight webinar scripts for my New Patients Every Day boot camp, with the last two due over the next month or so.

This adds up to over 350 pages of writing, about 150,000 words, and it has amplified my appreciation for the impact of the written word, and the astounding scope of influence one can generate with it.

I just love language! You can use it to promote any objective you choose, and as such, it is the ultimate tool of freedom, flexible and resourceful and infinite in its applications. I never tire of the pleasure, nor do I ever overlook the responsibility of acting as a thought leader and offering my perspectives – if you recognize it, you are similarly accountable to guide your charges in the best possible direction.

These books help me on my quest to make the world a better place – I hope they do the same for you. Here it is, the best reading of 2013 – learn and enjoy!

- The Tools – Phil Stutz and Barry Michels
- Seven Spiritual Laws of Superheroes – Deepak Chopra with Gotham Chopra
- The Three Laws of Performance – Steve Zafron and Dave Logan
- David and Goliath – Malcolm Gladwell
- Your Flourishing Brain – Bob Hoffman and Patrick Porter
- Why You Get Sick and How Your Brain Can Fix It – Richard Barwell
- The Honeymoon Effect -- Bruce Lipton
- Autism – Robert Melillo
- The Charge – Brendan Burchard
- Hero -- Rhonda Byrne
- The Four Doors – Richard Paul Evans
- Great By Choice – Jim Collins and Morten Hansen
- Duty – Robert Gates
- Flourish – Martin Seligman
- The Power of Habit -- Charles Duhigg

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for The Masters Circle

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