



## Top 6 Books to Help You Find and Fulfil Your Purpose

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Having a sense of purpose is intrinsic to living a happy, healthy life. There are plenty of books around to inspire you and help you find out what's missing from your life. If you genuinely want to live a more authentic life and become the best possible you, you take a look at some of the following books that are generally acknowledged to be helpful in both finding and fulfilling your purpose.

1. [Big Magic by Elizabeth Gilbert](#)

Bestselling author Elizabeth Gilbert provides what is essentially her creative manifesto. She believes that to reach your potential you have to show up and push through the inevitable self-doubt. Stay focused, find joy in what you're doing and keep going and you will be rewarded by unearthing the "strange jewels" of inspiration and magic that she believes is in all of us.

2. [Breakfast with Buddha by Roland Merullo](#)

Unusually for a 'self-help book, Breakfast with Buddha is a novel, but one that explores the human condition and life choices as an unlikely couple of men undertake a journey across modern America.

3. [F\\*ck Feelings by Michael Bennett MD & Sarah Bennett](#)

Written by a psychiatrist and his comedian daughter F\*ck Feelings encourages you to look past your immediate responses to life's problems to see the bigger picture. Especially recommended if you struggle with negative thought patterns.

4. [David and Goliath by Malcolm Gladwell](#)

Taking the famous Biblical story as his central metaphor and saying that by rights David shouldn't have won, Malcolm Gladwell helps you to 'find the giant within.' This book will help you understand that nothing is too big for you to handle.

5. [Later is a Liar by Dr. Richard E. Toney PhD](#)

If procrastination is your problem, Dr. Richard E Toney's book will help you see that 'later' actually means 'never' and that all you have is Now. Dr. Toney will help you set boundaries, to only take on what you can handle and to let go of the bad habit of procrastinating.

6. [Year of Yes by Shona Rimes](#)

Creator of Grey's Anatomy and Scandal, Shona Rimes shares how making the decision to say 'Yes' changed her life. It helped her grow from being an introvert who suffered from panic attacks before media interviews, to be able to claim her place in the spotlight. Instead of living in fear and anxiety, she made a vow to say 'Yes' to everything that scared her.