

# GENERAL RECOMMENDED READING

## A Worldview Beyond Islamic Finance

Ethica's career counseling sessions often enter into areas of interest outside Islamic finance, and we are often asked for book recommendations. Part of being an effective professional is having an informed worldview, and books distill knowledge more effectively than other media. If you want to increase your intelligence and awareness overnight, turn off the smartphone, sell the TV, spurn Youtube and social media, stop browsing the Internet aimlessly, and read a book for half an hour or more in the evening with the intention of following the Prophet's (Allah bless him and give him peace) words, "Be desirous for what benefits you." (Muslim [74], 4.2052:2664. S)

Here is a selection of some of the books that benefited us. For Islamic finance book recommendations, visit <https://ethica.institute/articles.aspx>.

Disclaimer: Use your judgement. These books are no substitute for reliable information from qualified specialists, and should be treated as such. Moreover, recommendations should not be understood as endorsing all the information in every resource.

- 1 FAITH
- 2 HEALTH AND WELL-BEING
- 3 PERSONAL RELATIONS
- 4 INSPIRATION
- 5 EDUCATION
- 6 PERSONAL PRODUCTIVITY
- 7 BUSINESS
- 8 SCIENCE
- 9 MEDIA AND TECHNOLOGY
- 10 POLITICS AND POWER

### FAITH

The Quran  
translated by Sheikh Nuh Ha Mim Keller

Muhammad: His Life Based on the Earliest Sources  
Martin Lings

Sea Without Shore: A Manual of the Sufi Path  
Sheikh Nuh Ha Mim Keller

Deliverance from Error: Al Ghazali's Path to Sufism  
Abu Hamid Muhammad al Ghazali

The Beginning of Guidance  
Abu Hamid Muhammad al Ghazali

Reliance of the Traveller: A Classic Manual of Islamic Sacred Law  
Ahmad Naqib al Misri (tr. Sheikh Nuh Ha Mim Keller)

Darqawi Way: Letters of Shaykh Darqawi  
Muhammad al-Arabi ibn Ahmed Ad-Darqawi

Discourses of Rumi  
Jalal ad-Din Muhammad Rumi (tr. A.J. Arberry)

Screwtape Letters  
C.S. Lewis

[www.untotheone.com](http://www.untotheone.com)  
The Sufi path and traditional Islam

[www.masud.co.uk](http://www.masud.co.uk)  
A leading resource of traditional Islam

## FOR THOSE NEW TO ISLAM

Sea Without Shore: A Manual of the Sufi Path  
Sheikh Nuh Ha Mim Keller

The Divine for Critical Minds: Inquiry Into God's Existence  
Dr. Rehan Zaidi

The Autobiography of Malcolm X  
Malcolm X with Alex Haley

Desert Encounter  
Knud Holmboe

## 2. HEALTH AND WELL-BEING

Food Between Curse and Cure: Islam, Health, and the Good Life  
Abu Munir and Abdurahman Ashraf

Deep Nutrition: Why Your Genes Need Traditional Food  
Dr. Catherine Shanahan

Food Rules: A Doctor's Guide to Healthy Eating  
Dr. Catherine Shanahan

The Big Book of Health and Fitness: A Practical Guide to Diet, Exercise, Healthy Aging, Illness  
Prevention, and Sexual Well-Being  
Dr. Phil Maffetone

The Barbell Prescription  
Jonathon Sullivan

Spark: The Revolutionary New Science of Exercise and the Brain  
Dr. John Ratey

Eight Weeks to Optimum Health: A Proven Program for Taking Full Advantage of Your Body's Natural Healing Power  
Dr. Andrew Weil

Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and Diet Dictocrats  
Sally Fallon

Healthy at 100  
John Robbins

The Vegetarian Myth: Food, Justice, and Sustainability  
Lierre Keith

Healing with Whole Foods  
Paul Pitchford

Anticancer: A New Way of Life  
Dr. David Servan-Schreiber

What's Gotten Into Us: Living in a Toxic World  
McKay Jenkins

How to be Free  
Tom Hodgkinson

The Complete System of Self-Healing: Internal Exercises  
Dr. Stephen T. Chang

The Diet Myth  
Tim Spector

The Timeless Way of Building  
Christopher Alexander

A Pattern Language: Towns, Buildings, Construction  
Christopher Alexander

Fast Food Nation: The Dark Side of the All-American Meal  
Eric Schlosser

In Praise of Slowness: Challenging the Cult of Speed  
Carl Honore

The Ascent of Humanity: Civilization and the Human Sense of Self  
Charles Eisenstein

Dirty Electricity: Electrification and the Diseases of Civilization  
Dr. Sam Milham

The Self Sufficient Life and How to Live It: The Complete Back-to-Basics Guide  
John Seymour

Beyond Backpacking: Guide to Lightweight Hiking  
Ray Jardine

### 3. PERSONAL RELATIONS

Intiating and Upholding an Islamic Marriage  
Hedaya Hartford

Man of Steel and Velvet: What it Takes to be a Man and How to be a Man  
Aubrey Andelin

Fascinating Womanhood: How the Ideal Woman Awakens a Man's Deepest Love and Tenderness  
Helen Andelin

The Collapse of Parenting: How We Hurt Our Kids When We Treat Them Like  
Grown-Ups  
Leonard Sax

How to Win Friends and Influence People  
Dale Carnegie

How to Stop Worrying and Start Living: Time-Tested Methods for Conquering Worry  
Dale Carnegie

The Seven Habits of Highly Successful Families  
Stephen Covey

### 4. INSPIRATION

The Autobiography of Malcolm X  
Malcolm X with Alex Haley

Desert Encounter  
Knud Holmboe

The Road to Mecca  
Muhammad Asad

The Warrior Race  
Imran Khan

Unbroken: A World War II Story of Survival, Resilience, and Redemption  
Laura Hillenbrand

The Long Walk: The True Story Of A Trek To Freedom  
Slavomir Rawicz

### 5. EDUCATION

Wired Child: Reclaiming Childhood in a Digital Age  
Richard Freed

Dumbing Us Down: The Hidden Curriculum of Compulsory Schooling  
John Taylor Gatto

High Tech Heretic: Why Computers Don't Belong in the Classroom and Other Reflections by a  
Computer Contrarian  
Clifford Stoll

Deschooling Society  
Ivan Illich

Endangered Minds: Why Children Don't Think And What We Can Do About It  
Jane Healey

The Well Trained Mind: A Guide to Classical Education at Home  
Susan Wise Bauer and Jessie Wise

## 6. PERSONAL PRODUCTIVITY

The Four Hour Workweek: Escape 9-5, Live Anywhere, and Join the New Rich  
Timothy Ferriss

Early Retirement Extreme: A Philosophical and Practical Guide to Financial Independence  
Jacob Lund Fisker

Getting Things Done: The Art of Stress-Free Productivity  
David Allen

Art of the Start 2.0: The Time-Tested, Battle-Hardened Guide for Anyone Starting Anything  
Guy Kawasaki

Grit: The Power of Passion and Perseverance  
Angela Duckworth

The Magic of Thinking Big  
David Schwarz

The Seven Habits of Highly Successful People: Powerful Lessons in Personal Change  
Stephen Covey

Influence: The Psychology of Persuasion  
Robert Cialdini

The 80/20 Principle: The Secret to Achieving More with Less  
Richard Koch

Write to the Point  
Bill Stott

Getting Real: The Smarter, Faster, Easier Way to Build a Successful Web Application  
37 Signals

## 7. BUSINESS

See here: <https://ethica.institute/articles.aspx>

## 8. SCIENCE

Science Delusion  
Rupert Sheldrake

The Seven Mysteries of Life: An Exploration of Science and Philosophy  
by Guy Murchie

Evolution: A Theory in Crisis  
Michael Denton

The Vanishing Face of Gaia: A Final Warning  
James Lovelock

Just Six Numbers: The Deep Forces That Shape The Universe  
Martin Rees

A Short History of Nearly Everything  
Bill Bryson

Confessions of a Medical Heretic  
Robert Mendelsohn

One Straw Revolution: An Introduction to Natural Farming  
Manosabu Fukuoka

## 9. MEDIA AND TECHNOLOGY

Disconnect: The Truth About Cell Phone Radiation, What the Industry Has Done to Hide It, and How to Protect Your Family  
Dr. Devra Davis

Ten Arguments for Deleting Your Social Media Accounts Right Now  
Jaron Lanier

The Shallows: What the Internet is Doing to our Brains  
Nicholas Carr

Four Arguments for the Elimination of Television  
Jerry Manders

Alone Together: Why We Expect More from Technology and Less from Each Other  
Shelly Turkle

Manufacturing Consent: The Political Economy of the Mass Media  
Noam Chomsky

Amusing Ourselves to Death: Public Discourse in the Age of Show Business  
Neil Postman

In the Absence of the Sacred: The Failure of Technology and the Survival of the Indian Nations  
Jerry Manders

The Case for Working with your Hands, or Why Office Work Is Bad for Us and Fixing Things Feels Good  
Matthew Crawford

The Case for Books  
Robert Arndt

The Myth of the Machine: Technics and Human Development  
Lewis Mumford

## 10. POLITICS AND POWER

Confessions of an Economic Hit Man  
John Perkins

Animal Farm  
George Orwell

Brave New World  
Aldous Huxley

When Corporations Rule the World  
David Korten

The End of Oil: On the Edge of a Perilous New World  
Paul Roberts

The Israel Lobby and U.S. Foreign Policy  
John Mearsheimer and Stephen Walt

Profit Over People: Neoliberalism & Global Order  
Noam Chomsky and Robert W. McChesney

Making Gay Okay: How Rationalizing Homosexual Behavior Is Changing Everything  
Robert R. Reilly

When Harry Became Sally: Responding to the Transgender Moment  
Ryan T. Anderson

Short Circuit: Strengthening Local Economics for Security in an Unstable World  
Richard Douthwaite

Beyond Chutzpah: The Misuse of Antisemitism and the Abuse of History  
Norman Finkelstein

Jesus, Interrupted: Revealing the Hidden Contradictions in the Bible  
Bart Ehrman

Jewish History, Jewish Religion: The Weight of Three Thousand Years  
Israel Shahak

The Creature from Jekyll Island: A Second Look at the Federal Reserve  
G. Edward Griffin

Against Our Better Judgment: The Hidden History of How the U.S. was Used to Create Israel  
Alison Weir

When Google Met Wikileaks  
Julian Assange

Small is Beautiful: Economics as if People Mattered  
E.F. Schumacher

The Corporation: The Pathological Pursuit of Profit and Power  
Joel Bakan  
Ron Unz articles at [www.unz.com](http://www.unz.com)