

# E V A N S

## 4 Inspiring Non-Fiction Reads

Taylor Finnegan

Reading is a wonderfully rewarding, stress-busting hobby as it engages the mind, calms the senses and allows us to escape to a different world. When it comes to non-fiction, the opportunity to learn and grow is endless. You can read about your favourite singer's rise to fame, immerse yourself in the challenging journeys of brave explorers, or take the first step onto the path of self-development.

Whether your choice of book is in the form of an e-reader or a good old-fashioned paperback, take your pick of one of our favourite inspiring non-fiction reads. A thirst for knowledge and a renewed zest for life awaits!

### 1) *Becoming*, Michelle Obama (2018)

*"It's all a process, steps along a path. Becoming requires equal parts patience and rigor."*

Forget what you think you know about America's Former First Lady. This memoir will tell you the real story of how a girl from the South Side of Chicago became one of the most powerful women in the world.

On the surface, Michelle is already one inspirational lady. Her poise and grace shines through in every speech she presents, and her unwavering support of husband Barack is heart-warming.

Through tough times, Michelle Obama has conducted herself with a reassuring air of confidence. Such an accomplished woman may be forgiven for keeping the secrets of success to herself, but Michelle knows that girl code means passing on the wisdom.

This candid memoir is bursting with life lessons from a woman who broke the mould. One of the biggest takeaways of *Becoming* is that no matter where you start in life - no matter where you currently are - there is a way to create a future that your past self will be so proud of.

### 2) *You Are a Badass*, Jen Sincero (2014)

*"If you want to live a life you've never lived, you have to do things you've never done."*

On the topic of creating a life you love, Jen Sincero is an authority. This isn't *yet another* self-help book to help you figure out if you are a capable human being. The title says it all: Sincero *knows* that you can start living an awesome life. This book of bite-sized chapters will allow you realise that, too.

*You Are a Badass* is an entertaining read that urges you to realise how great you are.

Refreshing from cover to cover, it encourages you to identify the self-sabotaging beliefs that are holding you back from that career change, launching that business idea, taking that solo holiday – and the many other things that we talk ourselves out of every single day.

Those pesky limiting thoughts were formed when we were little, influenced by the people around us. They are so powerful that they keep us playing small even decades later. Well, no more!

Jen Sincero's common sense narrative includes helpful, actionable advice to guide you in creating a life you love.

3) *I Know Why the Caged Bird Sings*, Maya Angelou (1969)

*"Instead, pursue the things you love doing and then do them so well that people can't take their eyes off you."*

The late, great Maya Angelou wrote her ground-breaking autobiography at the age of 40. *I Know Why the Caged Bird Sings* tells of her tough upbringing and the lessons she learnt along the way.

A coming-of-age story, the memoir illustrates Maya's incredible strength of character as she navigated the Southern United States at the height of institutional racial segregation and discrimination.

Maya was a prominent figure in the Civil Rights Movement, and the book's title features a caged bird – a metaphor for an enchained slave. Her prose is reminiscent of the African American autobiography genre, which is characterised by topics of identity and freedom.

4) *The Last Lecture*, Randy Pausch and Jeffrey Zaslow (2008)

*"The key question to keep asking is, Are you spending your time on the right things? Because time is all you have."*

Written by Pittsburgh professor Randy Pausch and Wall Street Journal's Jeffrey Zaslow, *The Last Lecture* is a book that combines humour, intelligence and extraordinary inspiration.

It is based on Pausch's 2007 delivery of his 'Last Lecture' – a seminar modelled on a series where academics consider what truly matters to them before imparting their wisdom to the world one last time.

Pausch gave his speech just one month after learning his pancreatic cancer was terminal. He would be excused for feeling full of self-pity, but in fact Pausch delivered an upbeat, inspiring Last Lecture.

The book encourages you to live life to the fullest, finding the fun in everything you do. It may be a simple message, but it is one we overlook all too often. Pausch's courage in the face of adversity resonated with so many readers that *The Last Lecture* remained a New York Times bestseller from 2008 until 2011. With over 8 million copies across the globe, this is an inspirational non-fiction read with a message for us all.

Let these non-fiction reads expand your mind and awaken your senses. Inspiration is everywhere, and these books are a great place to start.