

10 BOOKS TO IMPROVE YOUR ENGLISH

*We
develop a passion
for Teaching!*



INFINITY PODCASTS 1330

And in particular we tried to choose books that have had some sort of significant impact on Thiago or my life uh each of us will give you five and that are in particular good for people who are anywhere between the intermediate to advanced level and even reading these books might help to bump up your English so kind of give you some resources that'll help you go from being more stuck on that intermediate Plateau to breaking through to advanced level [Music] so Thiago read any good books

lately I have yeah i've been
reading a book called The
obstacle is the way by Ryan
holiday it's a really nice book
it's a book on the ancient
philosophy of stoicism and
i've been enjoying it it's a
really good
one uh what is stoicism or
what is what kind of
philosophy is that it's this
philosophy that helps you
better deal with problems in
your life challenges by
helping you switch the way
you think about things first
because perspective is
everything right how you

look at a challenging situation
depending on how you look at
it it can be a productive way
to look at it it can be an
unproductive way to look at it
you know so that's basically
that accepting the things that
you cannot control and
focusing on the things that
you can control it's even in
the name the obstacle is the
way which means that
oftentimes the thing that's that
we think is blocking us the
thing that we think is causing
our problems is in fact
the solution in itself and I
think that's so true even for

learning a language
oftentimes we're really
frustrated about certain
aspects certain things
standing in our way we just
wish we wish we could be
fluent already we wish we
could uh be able to remember
the vocabulary that we that
we just learned and so on but
oftentimes there's something
to learn from that and when
you do that it kind of helps
you to have a breakthrough to
get to a new level so yeah that
in itself is probably a great
book to to read right would
you consider yourself an an

Avid Reader uh first of all before I answer that I want to ask about what breakthrough is because just use that word what's a breakthrough a breakthrough is when you're dealing with some problem and suddenly you have an Insight that leads to a solution so you had a breakthrough you came up with the solution all of a sudden nice now about being an avid reader um I try to be you know uh there was a time in my life where I was more of a reader more of an Avid Reader uh nowadays I try to

read um if not reading
listening to another book like
you just mentioned as well
but uh yeah definitely not as
much as I used to in the past
but one thing I found is that
even 10 15 minutes per day is
much better than in our not
reading anything at all
because you know sometimes
people get stuck in that
feeling like oh uh they feel
like I have to sit down for one
hour to

read a book you don't you
know if you just spend 10 15
minutes I mean you are
reading already you know and

if you do that frequently that's great yeah you're gonna read you're probably going to read many more books over the year if you're reading 10 to 15 minutes a day as opposed to reading an hour sporadically right there you go so you already gave a suggestion of a great book by Ryan holiday but in today's lesson we are going to be talking about 10 more books uh and if you would consider yourself a bookworm I would highly recommend we've done a couple more lessons that are all about great books or

English fluency so we'll link those down in the description below or in the

description wherever you listen to this so you can check that out later and learn

another like 10 15 20 books that are really going to help you with your English so that

said uh let's jump into our first suggestion so Chago it's funny that you mentioned

audiobooks I think both of us enjoy consuming audiobooks for me in particular the books

it has to be a certain type of book not all books I like in as audio there's some that I feel

like I really need to read and study like actively take notes but uh oftentimes i'll listen to biographies on in the audiobook format because I find usually it's more of a story someone's life it can be great to take notes and everything but usually it's things that I feel like I can I can more just absorb while I'm doing something else I usually listen to these while I'm cooking breakfast in the morning and actually uh just as like a sidebar there a side note uh I find it really valuable to be able to to read

multiple books at once like i'll
be listening to an audiobook
while making my breakfast in
the morning and then while
eating breakfast i'll be reading
another book and then at
night before I go to bed I
usually like some light fiction
to help me relax unwind and
you know fall asleep so
coming back to my first tip
though is Steve Jobs
biography by Walter Isaacson
I think this is possibly one of
the most famous biographies
or maybe it's just in my Social
Circles
a lot of people have read this

one but it's it's for a good reason because Steve Jobs has a really fascinating life he you know made such a huge impact in the world with the products I mean we wouldn't have smartphones in the way that we have them going for him tablets um you know and so many other parts of just groundbreaking technology that are part of our everyday life so it's really interesting to hear the story of the man who's behind so many of these innovations that have transformed our lives so significantly he had a vision

for how he saw the world
could be and how
technological products could
be and how it could transform
people's lives and he believed
it so

fervently so deeply that it
inspired other people around
him to do things that they
thought were impossible so I
think this is something that all
of us can kind of take is
ultimately you know if we set
our mind to something we
really work hard at it that we
can make things that maybe
might seem possible to us at
first uh a reality I think

Chiago like your story of how you learned English which we can link to in the description for anyone who hasn't caught that but I think when you describe that that's something that I take away is that you had a time period in your life where you were just really obsessing over all the English that you encountered and trying to find all those those details and everything and it got you to where you are today of having like that really Advanced fluent confidence English so yeah I think that

that's in a nutshell what I took away from there and why I would recommend it to Learners to to check it out all right so Chiago I'm itching to know what is your first book the first book I'm going to recommend to you guys today is a book called Rich Dad Poor Dad by Robert Kiyosaki it's a book on finances on how to better manage your money and I think it's one of those uh books that anybody who's new at finances should read first it's kind of a nature level book as we call it and I wish I had been giving that book

when I was like 17 18 years
old you know fresh out
of high school because the
language is really easy first of
all so free intermediate or
Upper Intermediate Learners
the language the English that
he uses there is really simple
to understand the the reading
flows yeah so it's easy for you
to actually read that and there
are some nice ideas there
about money uh one
takeaway that I got for
example from that book was
the idea of paying yourself
first meaning that you
consider yourself as a bill that

you have to pay and it should be the first bill you'll pay so whenever you get a paycheck your paycheck at Ma at the end of the month whatever it is is it 10 15 20 that you define you pay yourself first you send that to your investment investing account and

then you can pay everybody else so yeah it's a really nice little book really simple and I really recommend you guys read that that's really funny that you say that because actually at my next book that I chose that was something I

was going to bring up it's called the effective executive by Peter Drucker who Peter Drucker was a business thought leader and there might be a lot of you listening who are not you know in business you're not an entrepreneur you might not care at all about the subject but this book has so many things that you can apply to you know even if you're working for someone else even if you don't have any aspirations of owning your own business or of being a manager or boss because uh

it's kind of like truths that just help you to be at the top of your game to help you to be more skilled to use your time better so the thing I actually take note of that I want to highlight from this book is he talks a lot about analyzing your time knowing where your time is going and very similar to with money is a lot of us we just spend our money we're not tracking it we're not paying attention to where it's going we're not caring about could we um could we put that towards things that bring us more joy

or put that towards saving for
things in the future that are
going to make our lives better
uh and we might just be
spending willy-nilly like
without without paying
attention

and the same thing goes for
our time oftentimes we're just
wasting in a sense a lot of our
time our time might be even
more valuable than our
money because you know you
can make more money but
you can't make more time at
least not yet uh but that said
he talks about uh really really
like meticulously tracking

your time over a couple of weeks or even a month so everything that you're doing from the time you wake up to the time you go to sleep tracking where that time is going and this is outside of your work in your work just completely getting a really good idea of how you're spending your time and after you've done this for a couple weeks you actually go and you analyze it you look at okay

what were the things that I was doing that brought me energy that delighted me that

I really enjoyed one of the things that I was doing that drained me that made me feel less energy that made me feel tired that I felt really bored during or you know that I I even hate it and kind of sorting these things out and also just seeing like maybe where you weren't so efficient where you were wasting time and then once you've done that you see like okay how can I spend more time on the things that I am really enjoying with the things that I I hate or they feel like I waste time or they're draining my

energy is there anything that I
can do to change that and
spending more time on the
things that that Delight you
that

bring you Joy looking for you
know if I'm doing that thing
how can I do even more that
or heard the things that maybe
are in your zone of Genius
that you feel really passionate
when you're working about
when you're working on or
maybe you feel like you do
that much better than other
people do and okay how can I
spend more time on those sort
of things uh Ethan I do have

two questions there to ask you
backtracking a little bit you
just have the word drain yeah
it's important that we avoid
activities that drain our
energy what does that mean
to drain so a drain you could
think about the easiest way
might be in a sink there's a
drain where when you when
you turn the water on the
water goes down the drain
going away right so very
similarly it's as if that thing is
opening up a hole in you and
your your energy is just
pouring out through it so we
want to do less of the things

that drain our energy that
cause our energy to pour out
and more of the things that
fill us with energy and a
second question is about the
book uh the effective
executive uh you mentioned
meticulously tracking your
time I was just curious uh
how do you do that I mean I
do use a nap for that or a
software or just a you know
use pen and paper to track
where your time is going so I
don't remember exactly when
this book is from but it's a it's
a bit old I think it's definitely
from before the internet so I

imagine what He suggests in this book is just old-fashioned pen and paper taking notes like okay you can do that that way there's many different apps that you have that nowadays that we can use for time tracking which might organize things in a better way you can do that but I say don't let the medium don't let the the way of doing it be a limitation from actually doing the thing so maybe we can move to something lighter I think your your next suggestion might be a bit lighter I'm not sure about

a lighter because you know
but yeah let's let's do it guys I
actually thought I would
recommend a fiction book for
you guys today um it's one of
my favorite Stephen King
books actually called The
Shining I don't

I'm not sure if it's light
because it's kind of a horror
book but um yeah for those of
you guys who like fiction and
who like Thrillers or even a
little bit of horror you might
enjoy this book it's a classic I
think was Stephen King's
third book actually and just to
give you guys some context

here the book is about this family this man his wife and his son and he takes a job to be the caretaker of this hotel that is located way up there in the mountains and is really isolated and winter is about to begin when winter comes um they cannot once they are there up there they cannot you know come back down because in our all the roads are blocked with uh snow and everything and ice so you know they have to stay up there at that hotel during the whole winter season yeah and he's

hired to be the caretaker their
butt there's something there
because you know the hotel is
actually let's say possessed by
an evil entity and you know a
lot of wacky crazy things start
happening in that hotel and I
like that book because um I
like the way that Stephen
King writes uh he writes in a
very interface kind of way uh
also I learned the word shriek
from that book you know
because that word shriek was
being used so many times
throughout the book that I
never forgotten by the way
guys trick is like ah you know

when you shriek you you
know you it's that high-
pitched scream you're
screaming at a with a high
pitch and man one scene that
is classic from that book is uh
the woman in the bathroom
saying the woman in the
bathtub scene and the way he
writes that is so cool because
he builds up to that moment
and then when the chapter
arrives where the kid walks
into the bathroom everything
is described in detail you
know how the kid was feeling
when he opened the door and
man it's so cool I was like you

know so yeah guys you feel
like a little bit of uh
excitement yeah like that I
mean that's a great book for
you to pick up as well yeah
actually I was going to ask
you if you read it in in
English or Portuguese but I'm
guessing since you've said
yeah that you learned that
word trick
you read it in English it was
in English uh and that can be
like a good tip as well as is
reading a book that you've
already read in your native
language because say Thiago
wants to learn Italian maybe

you could read the The Shining in Italian because he already knows the story he knows a lot of the things that happen so uh and you know if you read books on a variety of topics too which we're giving you a bunch of different ones from finances to business to uh biographies to fiction by doing this you're going to be really greatly expanding your vocabulary and I think that that's one of the things reading brings you that is a lot uh you know you get that everywhere but it's a lot

easier seeing it in the written form and you know you can take note of it you can underline and so on so highly recommend that but it's funny you bring up The Shining uh there's a couple things I want to comment on first of all this hotel up in the mountains it was actually filmed in my state in Colorado oh yes and you can actually go visit that hotel it's in a place called Estes Park yeah and it is really up in the up in the mountain there's a bunch of elk there which is an animal the the second thing is there's

a really epic episode in friends where Joey is reading this and it comes up because I think Chandler finds it in the the freezer or maybe it's Rachel finds it in the freezer and she's like what is this book doing in the freezer and he's like oh I hide it there because like you know it scares him and stuff so he feels like hiding in the freezer it's going to protect him that's what I always think about when I think about the The Shining you know we're talking a lot about books today and uh we've actually

found a lot of learn nurse we
have to talk about the real life
English app here because it's
the only place where anytime
anywhere you can practice
your speaking at the touch of
a button and this is really
great because you know we
found so many learners who
have told us that they can
practice their reading they can
practice their writing they can
even practice their listening
listen to podcasts but that
speaking
is kind of the missing
ingredient and that's exactly
why we created this but a lot

of Learners that are a lot of our users of the app are telling us that sometimes it's kind of awkward because they'll connect with someone they don't know what could be a good jump off point so I would say like a really great thing to talk about is just like I asked Thiago at the beginning of of the episode have have you read anything good lately that you can use that or asking someone their favorite books can jump you off into being able to talk for a really long time right about sharing different books that

you like types of books that
you like and getting
recommendations and so on
so I highly recommend that
you try that
and that said we actually have
a shout out for one of our app
users [Music] this one goes to
Hashem I believe and
Hashem says it's a real
fabulous app I have learned
many things and also I have
improved my listening skills
you can use it easily and you
can connect to many people
around the world who have
the same interests in learning
language as you I recommend

this app to anyone who wants
to learn English effectively oh
yeah thanks so much Hashem
and like I said definitely
check out the real life English
app you can practice your
speaking you can listen to this
podcast with interactive
transcripts vocabulary
flashcards you never forget
the new words that you're
learning with us and so much
more

and it's absolutely free to get
started so download it now by
looking for real life English in
the in the Apple App Store or
Google Play Store and uh

we'll also link it in the description and here somewhere here on youtube so that you can look for that later alright so for the rest of the episode we have six more books for you we're gonna go through these ones a little bit faster than our first four but you'll definitely want to check these out we've got some great ones here so definitely shifting gears a bit the next one I put is called getting the love you want and this is a book another one I read in the the last year that I thought would be valuable to share

because I'm sure a lot of
people
listening are in a relationship
or have been in a relationship
or want to be in a relationship
talking about a romantic
relationship with someone at
some point in the future and
it's for me it's like a topic that
I find really interesting is
relationships you know be it
romantic relationships and
friendship relationships
family relationships how do
we relate with other people
how the experiences we've
had in our life affect those
relationships how our

psychology affects those relationships and so on and what different things we can do to improve how we're relating to other people and to understand ourselves better something that makes this book different I found it really useful in my relationship and uh what makes it different is it helps you to see your relationship as an opportunity to grow and heal each other's traumas so and all of us have traumas we might all have really big traumas but you know all of us experienced negative

things in our childhood that affect how we relate with our partner so it gives you different tools and stuff like this that will help you to improve your relationship and I think it's a great one I want to recommend here because it's a very specific topic that will help you obviously with with romantic relationship and with other relationships in your life but also it's going to be a set of vocabulary and expressions and so on that you might not have had so much contact with in your English yet uh and if you

want to kill two birds with one stone you can if you are in a romantic relationship I'd actually recommend read this together with your partner and go through the exercise together talk about it together because it's really going to help you have a stronger relationship what's your next one Thiago uh the next book I have for you guys is actually a more technical book from um let's say learning English uh you know and uh it's a very thin book like this thin called the elements of Style by uh Williams trunk Jr and

EB white basically it's a very short guide on how to write better in English you know it's a very small book but it gives you some nice tips when for example how to use commas properly in the sentence how to punctuate your sentences how to use apostrophe so for you guys of their English Learners yeah I mean uh consider picking it up because you know it's a very small book and it's going to help you with your English writing for sure that's a really important thing too is I think it's a book for native speakers

it's not written for English Learners right so it's when you're at that upper intermediate level or even an advanced level a lot of Learners ignore this so if you want to have really high quality writing it's like you need to study the things that I studied that native speakers study when we're learning English in in our schooling this

next one is the first book that I read that was the original language of the book was in Spanish it's called Shadow Of The Wind by Carlos Ruiz

sofan and this is a it's a book actually was recommended to me by my mom and she read it in English uh like and a lot of other people I know i've read in English so it was very internationally famous and so the the translation of it is very high quality if you want to read it in English or even in your native language but why are we here we're here to learn English right but anyway uh it's such a great story it hits really close to home for me because it takes place in Barcelona and I read this the first time actually I

was living in Mallorca but it
was my
first time living in Spain so
uh it really stuck with me the
picture that Carlos Ruiz sofon
paints of Barcelona uh it's it's
and there's all these places in
it and stuff too that i've that
i've visited here and stuff after
reading the book so it's a
really beautiful way to get to
know the city even if you
haven't been here you haven't
uh you're not living here I
think you'll enjoy it Ethan just
backtracking a little bit you're
using a nice helium there
when talking about this book

you said that this book hits
really close to home what
does that mean something hits
close to home it means that it
is significant to you from
your personal experience in
some way which for me it's
something I really like
actually

living in Barcelona living in a
big city is that there's lots of
books and like series and
movies and so on have been
written or filmed here which
isn't something I come from a
small town so there's very
little of this from from my
hometown so it's very cool to

be somewhere that you can
you can watch a series and it
takes place here in Barcelona
it's like oh I know that place
i've been to that place so I go
there with my friends and so

on all right what's the next
book on your list Thiago the
next one is a classic actually
it's called How to Win
Friends and Influence People
by Dale Carnegie this is a
classic one um I read the one
in English as well a few years
ago and it's a really cool book
I mean there are some nice
let's say
Timeless principles there on

how you can better you know
relate to people and be likable
you know uh I'm just gonna
talk about one point that stood
out to me from this book and
one of the rules for example
is something so small so
simple but it's so powerful it
makes so much sense in this
book he recommends using
people's names more often
because according to him and
that's true people love to hear
the sound of their names so
when I'm talking to you I'm
not gonna say hey hello now
I'm gonna say hey Ethan hello
Ethan so what do you think

about this Ethan you know
like using the name I read this
several years back as well and
that that was something that
stuck with me as well and it's
a it's a really good reason too
that

when you meet people so
often we meet people and
they introduce themselves and
then we automatic you know
it's two minutes later we
realize I don't remember what
this person's name is and so
it's really good to gain a
practice of repeating your
head a few times that person's
name or figure out some way

that you can remember that
person's name because as
you're talking with them and
stuff it's good to use their
name they're going to feel a
closer bond with you and it's
just something subconscious
it's something it's a word
probably the most important
word to us personally because
it's something we've been
being called our entire life
right all right so my last book
of the day is another one near
and
dear to my heart actually was
recommended to me by one
of my best friends in

University it's another one
that's a series but the first one
is called across the

Nightingale floor it's by Ian
Hearn and the series is called
if I recall correctly tales of the
atori and I really love this
series because it's a historical
fiction I like historical fiction
in general because I like like I
kind of like history and it's a
it's a nice a nice genre and it
takes place in Japan so for me
Japan is a place definitely a
culture I find fascinating and
everything and and it brings
in a lot of true elements of
History into a fictional story

so for me it was just really refreshing and really beautiful way to get a taste of some Japanese history and culture I'd recommend starting with this one she has also other similar series that also the other one I read to took place in in Japan but this is a really great place to start I've recommended to a lot of people and everyone who reads it absolutely adores this series what's your last one let you do the honors yeah the last one I have here is another biography uh this one is from Eric Clapton yeah I love

music as you guys know yeah
and I I really like Eric
Clapton the guitar player and
singer so it's his biography
basically he tells his story of
how he got started playing
music playing guitar and then
he talks about his career um
we mentioned a couple of
biographies before earlier in
the episode uh but
remember that when it comes
to biographies yes you can
read about business people
you can read about presidents
former presidents can read
about anybody including
maybe your favorite

musicians like in this case a favorite actor that you like you know these people usually have biographies so yeah just pick somebody you admire the work you like and read that person's biography that is a great piece of advice because for example you're really passionate about music so it makes perfect sense for you to read about your any musician that you really admire and probably too for like the vocabulary set there's going to be like a lot of words and stuff in there that are relevant to you as someone

who adores music
yeah bringing the real life
way to the conversation here
it's a great way to leave your
English and connect it to your
identity nice so before we
wrap up today we have
today's Big Challenge the big
challenge today is what was a
book you read in English that
you really enjoyed what was
it about try summarizing it in
your own words explaining
why you think other people
should read it too you can
leave us a comment on
YouTube or send us an email
or hello real life global.com

you can also send us a short
30 second voice message at
speakpipe.com real life
English the link will be in the
description or the show notes
and we are looking forward to
hearing from you guys your
recommendations
all right yeah and I believe we
have some comments from
our last big challenge right
yeah uh these comments are
not exactly from The
Challenge but they are from
the episode that you did with
xanium about global
citizenship and the
importance of you know what

being Beyond borders so uh
the first comment here is
actually about Xenia people
apparently really enjoyed
having her on the podcast and
this user says hope to see
Sania more often keep up the
good work guys that's
amazing and then there's a
comment here that I had to
pick up with him because I
know this person really
enjoys your teaching style so
this person says Ethan the
way you explain is really
remarkable I really
appreciate your thinking level
and how clearly you can

explain nuances keep it up
amazing right that is very uh
nice massage of my ego there
you go yeah it's nice to have
those from time to time I
know that ego can be the
enemy but you know from
time to time and now it's good
to have a massage you know
we all like that they said uh
explain nuances what is a
Nuance so a Nuance is
basically the subtle detail of
something you have the small
detail there yeah the last
comment here I really like
this comment so I'm gonna
read it uh gray Minds discuss

ideas average Minds discuss
events small minds discuss
people this is my favorite
quote you guys constantly
discuss ideas

on how to improve the world
and we are proud of you that's
an amazing comment right
there there it is that's a great
quote yeah nice so thanks so
much for joining us today's
episode we hope that you'll
pick up at least one of these
books that we gave you today
and even if you don't Hope
they've learned some good
tips for reading some great
vocabulary and so much more

and if you're enjoying these podcasts a free way that you can support us is by leaving us a five-star review in your favorite app platform that could be apple podcast Spotify or anywhere else that you're listening that has this ability uh you can also if you're watching on YouTube or even if you're not hit that subscribe button and the bell down below because that helps us reach more people so more and more people can have fun learning and going from feeling a lost insecure English

learner being a confident
natural English speaker like
we hope you guys are feeling
more and more like with
every episode and finally
remember that no matter what
divides us that which unites
us is so much greater so
Chiago you can help me out
here one two three oh yeah
seems like these boundaries
between personal life and
work is getting more and
more tricky to Define yeah it's
becoming more of a blend
you know it's hard to separate
those things you need to
create more of an awareness

about what your priorities are
in your life
you need to really Envision
for example what does a
perfect day for you look like
one simple question I would
ask is what's really important
to you and what's not
important to you [Music].

GLOBAL ENGLISH
PODCASTS