

Suggestions about books and movies

Please note that you are allowed to choose a book/movie from outside these lists. Just make sure that the book/movie you choose could provide important insights about good living and finding direction in life.

If you are unsure, whether the book/movie you have been thinking about fits, you can send me an email to ask: frank.martela@aalto.fi

Here are a few suggested books to choose from:

- Emily Esfahani Smith: The power of meaning
- Victor Frankl: Man's search for meaning
- Jonathan Haidt: Happiness hypothesis
- Luc Ferry: Learning to live – Philosophy for beginners
- Jean-François Revel & Matthieu Ricard: The monk and the philosopher
- Alasdair MacIntyre: After virtue
- Alan W. Watts: Zen
- Aristotle: Nicomachean ethics
- Nietzsche: Beyond good and evil
- Klemke (toim.): Meaning of life
- Burnett & Evans: Designing your life
- Dan Haybron: Pursuit of Unhappiness
- Herrigel: Zen in the art of archery
- Matthieu Ricard: Happiness
- Colin Wilson: The outsider
- Victor Turner: The Ritual Process
- William James: Pragmatism
- Carol Dweck: Mindset – The new psychology of success
- Daniel Pink: Drive
- Sonja Lyubomirsky: The How of Happiness
- Roman Krznaric: How to find fulfilling work
- Charles Taylor: Ethics of authenticity
- Edward Deci & Richard Flaste: Why we do what we do: Understanding self-motivation
- Todd May: A significant life

Here are a few suggested movies to choose from:

- Fight Club

- Examined Life
- Amélie
- La Vita è Bella
- The Seventh Seal
- Wild Strawberries
- Forrest Gump
- Citizen Kane
- Lost in Translation
- Match Point
- Happiness (Todd Solondz)
- Good Will Hunting
- Dead Poets Society
- Jodaeiye Nader az Simin
- Trainspotting
- Before Sunset
- Inside Out
- Lion King
- Amadeus
- The Eternal Sunshine of the Spotless Mind
- Hymyilevä mies
- Kauas Pilvet karkaavat