

# Living Every Minute Announce A List Of 25 Must-Read Books

*The Texas-based doctor's organization announces the LEM Book Recommendations aimed to reform readers.*

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EINPresswire.com/ -- Dr. Tim Reynolds & His Team at Living Every Minute, a leading organization, has put out a list of [recommended books](#) for individuals needing help to increase daily peace and productivity. This list of 25 books will change one's life. One such book on the recommended list is by Jocko Willink, which shows the list's credibility. These books will help individuals live a better life, get their life on track, and ensure they aren't wasting any time.



Life is difficult, but one can make it easier by reading these books. The more they read, the better their life will be, and they will become better and live every minute of every day with more purpose and meaning.

These books have been written by authors who have been through similar experiences as you are currently going through. They know what it feels like to feel lost and confused in their lives and how important it is to keep going forward even when things seem hopeless or impossible at first glance (which happens often). Most importantly: these authors have learned from their mistakes! And so can anyone!

The main goal of this list and Dr. Tim Reynolds's team is to help one's daily life through reading these books and getting their lives on track. The second goal is that people should start utilizing these methods so they don't have any problems in their personal lives, such as depression or

anxiety disorders which are common among many people nowadays due to a lack of knowledge about how things work within our bodies (the body itself).

Here's what Tim Reynolds, [founder of LEM](#), had to say about this list: "The 25 Must Read Books are an excellent resource for anyone who wants to improve their lives and become more effective in the areas they care about most. I'm a veteran, and I founded LEM (and its companion website, TheLEM.com) because I wanted to give people the tools they needed to live better lives—and to provide them with access to information that would help them do that."

## About Living Every Minute

Living every minute is a firm started by veteran Dr. Tim Reynolds which is an outlet for his publications and custom merchandise aiming to contribute to the welfare of his followers, who want to get ahead in life and work and maintain a work-life balance.

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