



## منابع دوره

کتابها

[Getting Things Done by David Allen](#)

[Deep Work by Cal Newport](#)

[Make Time by Jake Knapp and John Zeratsky](#)

[Atomic Habits by James Clear](#)

[Man's Search for Meaning by Viktor Frankl](#)

[The Motivation Myth by Jeff Haden](#)

[Flow by Mihaly Csikszentmihalyi](#)

[Stealing Fire by Steven Kotler and Jamie Wheal](#)

[The Power of Habit by Charles Duhigg](#)

[Zero to One by Peter Thiel](#)

[Why We Sleep by Matthew Walker](#)

[Storyworthy by Matthew Dicks](#)



وبسایتها

[Digital Productivity Coach](#)

[Forte Labs](#)

مقالات

[I've Never Had A Goal by Jason Fried](#)

[The One Touch Guide to Doing a Weekly Review by Tiago Forte](#)

ویدیوها

[I tracked every minute of my life for 3 months](#)

[The Odyssey Plan video](#)

[Why Motivation is a Myth](#)

[How I type REALLY FAST \(156 words per minute\)](#)

[Annual Review in Notion](#)

سایر منابع

[Building A Second Brain](#)