# Article information:

If You Only Read A Few Books In 2023, Read These | by Ryan Holiday | Jan, 2023 | Medium
<https://ryanholiday.medium.com/if-you-only-read-a-few-books-in-2023-read-these-960064707d6e>

# Article summary:

1. Books are an investment in yourself that can help you think more clearly, be kinder, and improve at the things that matter to you.

2. This article recommends 12 books - some new, some old - that will help readers meet their goals for 2023 and live better.

3. The article also features an interview with Steven Pressfield about his book "Put Your Ass Where Your Heart Wants To Be" and discusses David Epstein's book "Range".

# Article rating:

Appears well balanced: The article presents the information in a reliable and balanced way, without biases and prejudices. The claims made in the article are well supported and, where applicable, all sides of the argument are given opportunity to present their point of view. The article appears trustworthy and reliable.

# Article analysis:

The article is written by Ryan Holiday, a well-known author and publisher who has written several books on personal development and self-improvement. The article is published on Medium, a popular online platform for writers to share their work. The article is well-written and provides clear recommendations for readers looking to invest in themselves through reading in 2023.

The trustworthiness of the article is high as it provides reliable information from reputable sources such as Steven Pressfield and David Epstein. Furthermore, the author has provided links to interviews with both authors which adds credibility to the claims made in the article. Additionally, the author has provided detailed descriptions of each book recommended which allows readers to make informed decisions about which books they should read in 2023.

The reliability of the article is also high as it does not contain any unsupported claims or one-sided reporting. All points made are backed up by evidence from interviews with authors or descriptions of each book recommended. Furthermore, there are no missing points of consideration or unexplored counterarguments present in the article which further adds to its reliability.

In conclusion, this article is highly trustworthy and reliable due to its clear recommendations from reputable sources and lack of unsupported claims or one-sided reporting.

# Topics for further research:

* Self-improvement books
* Reading habits for success
* Benefits of reading
* Best books for personal growth
* Strategies for investing in yourself
* How to read more effectively

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