



Books for Your 2023 Holiday Reading

The Key Wealth Institute is a team of highly experienced professionals from across wealth management, dedicated to delivering commentary and financial advice. From strategies to manage your wealth to the latest political and industry news, the Key Wealth Institute provides proactive insights to help grow your wealth.

The holidays are a great time to catch up on your reading, whether you're relaxing at home, skiing in the mountains, or recharging any other place where you get away. But while a good thriller or romantic novel is always a solid choice, so is a well-written book that helps develop our skills or expand our knowledge of the world. We asked our Wealth Institute team to help us curate the perfect holiday reading list for 2023. Here are the books they thought you might enjoy.

Ather F. Bajwa, Director Investment Research

“The Sense of Style:

The Thinking Person’s Guide to Writing in the 21st Century” by Steven Pinker

A well-written, original book that provides readers a writing guide by explaining why writing style matters and explains how the brain processes information. The author provides several witty examples, followed by the author’s recommendations. His advice is that poor texts dwell on long sentences and unrelated examples; good writing uses short sentences that people can easily grasp.

“Good Woman:

Poems and a Memoir 1969-1980” by Lucille Clifton

Clifton’s poems are concise and highly entertaining but thought provoking. The author tells stories through simple, relatable images that leave the reader with joy and hope.

Dan Fiedler, Senior Portfolio Manager

“The Great Movies” by Roger Ebert

This book (the first of a four-part series) is a collection of essays by the late film critic Roger Ebert. The essays go beyond typical movie reviews and are instead brief studies of films Ebert considered “great.” Ebert’s style is engaging and informative, and a wide variety of movies are presented. Every lover of movies should find something to their liking in this book.



George Mateyo, Chief Investment Officer

“The Psychology of Money: Timeless Lessons on Wealth, Greed, and Happiness” by Morgan Housel

It was published a few years ago and has quickly become a timeless, must-read book for anyone who wants to become a more successful investor and a more fulfilled person. In 19 short stories, Housel explores the strange ways people think about money and teaches you how to make better sense of one of life’s most important topics, emphasizing the point that doing well with money isn’t necessarily about what you know. It’s about how you behave.

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Joe Velkos, Director, Trust Tax

**“The Exchange: After The Firm”
by John Grisham**

Author John Grisham delivers another suspenseful legal thriller that marks the return of Mitch McDeere, the hero of blockbuster thriller “The Firm”.

Joe Calabrese, Chief Operating Officer

**“The Soul of America:
The Battle of Our Better Angels” by Jon Meacham**

“The Soul of America” by Jon Meacham is a captivating journey through American history, highlighting how the nation overcame its darkest times. Meacham combines history and inspiring stories, offering hope and understanding for today’s challenges. This book is ideal for anyone interested in the enduring spirit of America and the lessons we can learn from the past.

**“21 Lessons for the 21st Century”
by Yuval Noah Harari**

“21 Lessons for the 21st Century” by Yuval Noah Harari offers a crucial guide for navigating the complex challenges of our modern world. Harari blends history, philosophy, and science to discuss topics like technology, politics, and religion. The book provides insightful perspectives on today’s most pressing issues, encouraging readers to think critically about the future. It’s an essential read for anyone looking to understand the present and prepare for what lies ahead.

**“Talking to Strangers:
What We Should Know about the People
We Don’t Know” by Malcolm Gladwell**

“Talking to Strangers” by Malcolm Gladwell is an enlightening journey into how we misunderstand those we don’t know. Using psychology and real-world examples, Gladwell reveals the intricacies of human interaction. This book challenges assumptions and provides practical insights for better communication in our interconnected world. It’s a compelling read for anyone looking to improve their understanding of others.

**Kalimah White, Sr. Consulting Director,
Business Advisory Services**

**“Platonic: How Understanding Your Attachment
Style Can Help You Make and Keep Friends”
by Marisa G. Franco, PhD**

I highly recommend this thought-provoking and insightful book that delves into the complexities of human relationships. What sets “Platonic” apart is its ability to combine psychological insights with practical, actionable advice. Dr. Franco skillfully navigates the intricacies of attachment styles and how they impact our friendships by providing valuable tools for self-reflection, growth, and a deeper understanding of how your own attachment style manifests in your relationships. The practical advice and exercises provided in the book empower you to cultivate healthier, more fulfilling bonds — whether you’re seeking to strengthen existing friendships or embark on new connections. Great read indeed!

Nancy L. Anderson, Regional Director of Planning

**“The Boys in the Boat: Nine Americans and
Their Epic Quest for Gold at the 1936 Berlin
Olympics” by Daniel James Brown**

“The Boys in the Boat” is a true story of the University of Washington rowing team in the 1930s. It is a story of struggle, sacrifice, and competing at the Olympic level. There is an element of personal achievement for each team member who competed for one of the eight spots on the boat and worked together as a team in the races. I recommend this book if you are looking for inspiration as well as a history lesson. You’ll also learn a few things about the sport of the 8-oared rowing crew.

Paul Kieffer, Senior Wealth Planner

**“Comedy Comedy Comedy Drama:
a Memoir” by Bob Odenkirk**

While most think of Bob Odenkirk as the actor who played Saul Goodman in “Breaking Bad” and its spinoff “Better Call Saul,” his career is multidimensional and not only includes acting, but also writing, directing, and producing. His memoir highlights how he started in show business beginning in Chicago comedy clubs, eventually became a writer with “Saturday Night Live” (working with the likes of Dana Carvey, Chris Farley, and Mike Myers). He then moved to Los Angeles and worked on projects such as the “The Ben Stiller Show” and “Mr. Show” before appearing on “Breaking Bad”.



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Throughout it all, Odenkirk talks about the challenges, frustrations, and especially all the hard work that sometimes, but many times, does not work out, which provides life lessons for all of us.

Rajeev Sharma, Managing Director of Fixed Income

**“The Art of Clear Thinking:
A Stealth Fighter Pilot’s Timeless Rules for
Making Tough Decisions” by Hasard Lee**

Hasard Lee is a US Air Force fighter pilot who began his career flying the F-16 Viper and flew more than 80 combat missions, eventually becoming the Chief of Training Systems for largest training base in the world. “In The Art of Clear Thinking”, his first book, Hasard instructs how to make rapid decisions under times of great stress and reinforces these ideas through exhilarating accounts of his own experiences as a fighter pilot.

The book is divided into three parts — understanding the decision-making process, common decision-making errors, and making better decisions. There are many great takeaways and “power laws” that are applicable in all disciplines of life, whether it be setting up a business, managing a team, or dealing with volatile markets.

**Renee Porter-Medley, Regional Director
for Financial Planning**

**“The Book of Joy:
Lasting Happiness in a Changing World” by
Dalai Lama, Desmond Tutu, and Douglas
Carlton Abrams**

This book offers us an opportunity to learn from two Nobel Peace Prize Laureates, the Dalai Lama and Archbishop Desmond Tutu, as the author Douglas Carlton Abrams writes about their week together in 2015. The wisdom shared is timeless and well-suited for this holiday season as families celebrate while parts of the world are at war or are suffering in other ways.

They explore their perspectives and experiences with what they consider true joy and obstacles to joy, which include fear, stress, anger, grief, illness, and death. They offer us the gift of what they call the Eight Pillars of Joy and their joy practices that support their own emotional and spiritual lives.

**Stephen Hoedt, Managing Director,
Equity & Fixed Income Research**

**“Material World:
The Six Raw Materials That Shape Modern
Civilization” by Ed Conway**

Conway tells the story of six fundamental materials that without which modern civilization would not exist: sand, salt, iron, copper, oil, and lithium. While it may seem like we live in a virtual world of information, our reality is still rooted in these irreplaceable materials.

Tim McDonough, Senior Portfolio Manager

**“Daily Rituals:
How Artists Work” by Mason Currey**

This is an entertaining read that reviews the daily routines of 161 prominent artists across a variety of fields. While the methods of how they worked varied greatly, the common theme is that most artists follow a regular routine for creating the work that matters most to them. Earning a living and producing meaningful creative work were often mutually exclusive activities, requiring artists to develop routines in order to be both productive and creative. These routines range from practical to bizarre and provide some fun facts about creative geniuses — why Beethoven’s bathing habits made him an undesirable tenant, why Thomas Wolfe wrote atop his refrigerator, and many more.

Tom Jarecki, National Director of Wealth Planning

**“Hidden Potential:
The Science of Achieving Greater Things”
by Adam Grant**

Adam Grant is an organizational psychologist and professor at Wharton School of Business. Following the success of his NYT bestseller “Think Again,” Grant’s newest book, “Hidden Potential” explores the science of success — what it takes to reach our goals and dreams and exceed expectations. Adam teaches, inspires us, shares incredible stories, and offers valuable lessons on how anyone can achieve greater things.



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Tom Jarecki, National Director of Wealth Planning

“Is This Anything?” by Jerry Seinfeld (audiobook)

This man needs no introduction. Seinfeld’s successes as a comedian, actor, and writer are well-documented and celebrated. He is one of the greatest comedic minds of all time. This is a joke book, a chronicle of his joke-writing process organized by decades. The audiobook version is read by Jerry Seinfeld himself, effectively turning it into a 6-hour comedy album spanning his entire career.

Joseph Stone, National Managing Director of Family Wealth Investments and Advice

“Game Changer: Our Fifty-Year Mission to Secure America’s Energy Independence” by Harold Hamm and

“Elon Musk” by Walter Isaacson

Both books are about the two individuals that have changed the world, one embracing carbon and the other embracing alternatives.

For additional recommendations or to pass along your own, [please contact your advisor.](#)



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