



Reading Reduces Stress: 10 Free Books to Download

According to a study conducted by the University of Sussex in the United Kingdom, reading can reduce stress levels by as much as 68 percent, even more than listening to music or going for a walk.

So during this time of unmitigated stress and uncertainty, why not take advantage of these ten books (for Kindle, Nook, or iPad) provided free downloads from the Gutenberg Project.

1. [Memoirs of Extraordinary Popular Delusions and the Madness of Crowds, by Charles Mackay](#). Next time someone tries to persuade you of the "wisdom of crowds," refer back to this. The classic, definitive description of the Dutch Tulipmania, the South Sea Bubble... oh yes, and the investment mania for "the company for carrying on an undertaking of great advantage, but nobody to know what it is."
2. [The Art of Money Getting; Or, Golden Rules for Making Money, by P. T. Barnum](#). Among the first personal finance books, by the nineteenth century huckster and showman. Barnum was famous, or infamous, for "never giving a sucker and even break," but his advice here is much more sophisticated - and worthwhile.
3. [The Way We Live Now, by Anthony Trollope](#). The Victorian novel that tells the rise and fall of August Melmotte, the high-finance shark and con-artist. Possibly the first Wall Street-style novel.
4. [Vanity Fair, William Thackeray](#). Meet anti-heroine Becky Sharand find out "How to Live Well on Nothing a Year."
5. [Simple Sabotage Field Manual by United States Office of Strategic Services](#). A World War II manual for economic sabotage behind enemy lines. Reads like a description of half the offices you work in. "The Office" long before the TV series.
6. [The Prince by Niccolò Machiavelli](#). The classic guide to power, written by the sixteenth century Florentine and dedicated to the infamous Cesare Borgia. If you haven't read it, your business rivals or classmates will have. In the quest for power, is it better to be feared or loved?

7. [The Merchant of Venice, by William Shakespeare](#). The Bard's guide to economics. It's all here: Diversification, risk, the perils of leverage, the dangers of an ambiguous contract, and proof that, no matter what happens, in the end the lawyers seem to win. Oh yes, and "all that glisters (sic) is not gold."
8. [The Emperor's New Clothes, by Hans Christian Andersen](#). Everything you need to know about marketing, vanity, advisers, and crowd psychology in one children's story. Short, sweet, and oh-so-true-to-life.
9. [The Gentle Grafter by O. Henry](#). Essential reading on swindling. Hilarious collection of short stories about two con-artists hustling their way across turn of the century America.
10. [The Art of War, by Sunzi](#). Gordon Gekko's favorite business book. Strategic insights that have survived 1500 years. "If you know the enemy and know yourself, you need not fear the result of a hundred battles... If you know neither the enemy nor yourself, you will succumb in every battle."