

## 2024 Reading List

### **MAN'S SEARCH FOR MEANING** by Dr. Viktor E. Frankl

Chronicling his experiences as a prisoner in Nazi concentration camps during World War II, Dr. Frankl describes how he found the meaning of life. This involves identifying the purpose to each person's life through a combination of three pursuits: the completion of tasks, caring for others, and finding meaning by facing great adversity with dignity.

### **PEAK MIND: FIND YOUR FOCUS, OWN YOUR ATTENTION, INVEST 12 MINUTES A DAY** by Dr. Amishi P. Jha, PhD

Our ability to pay attention is unreliable when we are under stress. *Peak Mind* is a guide to improving focus, productivity, and well-being through mindfulness. Dr. Jha draws on research and personal experience to help readers focus without all the struggle, take back their attention from the pull of distraction, and function at peak performance.

### **NO TIME FOR SPECTATORS: THE LESSONS THAT MATTERED MOST FROM WEST POINT TO THE WEST WING** by GEN(R) Martin E. Dempsey

Drawing upon an Army career spanning more than four decades, GEN(R) Dempsey examines the limits of loyalty, the necessity of sensible skepticism, and the value of responsible rebelliousness and explains why we should sweat the small stuff. *No Time for Spectators* begins from the premise that life is not a spectator sport. Especially not today...not at a time when issues are so complex, information so pervasive, scrutiny so intense, and the stakes so high.

### **ELON MUSK** by Walter Isaacson

*Elon Musk* is an authorized biography of the American business magnate and SpaceX/Tesla CEO which provides a window into Musk's life and addresses current pressing issues like sustainable energy, space exploration, and artificial intelligence.

## **THE KILL CHAIN: DEFENDING AMERICA IN THE FUTURE OF HIGH-TECH WARFARE** by Christian Brose

*The Kill Chain* is about former Senator John McCain's legacy after pursuing defense reform as Chairman of the Senate Armed Services Committee. The book strongly recommends revamping the defense acquisitions system that has, according to Mr. Brose, contributed to building a military ill-equipped for the 21<sup>ST</sup> century by showcasing the global effects of America's so-called unipolar moment following the Cold War.

### **JOINT DOCTRINE NOTE 1-19: COMPETITION CONTINUUM**

Joint Doctrine Note (JDN) 1-19 describes the competition continuum...discusses the implications for how the Joint Force campaigns and describes aspects of campaigning through Security Cooperation, adversarial competition below armed conflict, and armed conflict.

### **JOINT DOCTRINE NOTE 2-19: STRATEGY**

JDN 2-19 describes the relationship between national strategy, defense strategy, and military strategy. It focuses on the development of military strategy within and for the Joint Force and emphasizes the description, preparation, production, and implementation of military strategy necessary for the Components to fulfill their responsibilities.

### **Army-Specific Videos**

#### **FIELD MANUAL 3-0: AN INTRODUCTION TO MULTIDOMAIN OPERATIONS**

- Part 1: The Big Idea
- Part 2: Combined Arms and the Operational Environment
- Part 3: Tenets and Imperatives
- Part 4: The Operational Framework
- Part 5: Defense, Offense, Maritime, Leadership, and Contested Deployments
- Part 6: Summary of Changes