



**Blinkist**

☆☆☆☆☆ (157,396)

FREE – on Google Play

INSTALL NOW

 **Blinkist Magazine**

5 mins

## Neuroscientist Andrew Huberman Recommends: "These 5 Books Will Turn Your Life Around"

American neuroscientist and podcaster Andrew Huberman is known for deep, curious conversations with thought leaders. These books recommendations explore consciousness, ethics, science and the human condition.

by The Blinkist Team | 2025-07-25



Let's start with the question, how does one become an intellectual like neuroscientist and podcaster Andrew Huberman? Well, it often involves a lot of dedication to studying and research. If we don't put the time in, **we risk experiencing something psychologists call the [Dunning-Kruger effect](#)**, a situation where people with limited knowledge of a given topic significantly overestimate their understanding. Unfortunately, the average person doesn't have time to dedicate hours to research, which is why modern intellectuals are turning to an app called Blinkist.

[Even Apple recommends](#) Blinkist for those who are lifelong learners, naming it [one of the best apps in the world](#). Blinkist also appears to be one of the most important apps for everyday use with the new iPhone 16. With iPhone 16's new features, Blinkist is now an even better experience for curious minds.

At Blinkist, we gather the key insights from nonfiction books into 15-minute reads and listens. There are over 7,500 titles across 27 categories including entrepreneurship, management and leadership, and personal development.

More than **38 million people**, among them [Apple CEO Tim Cook](#), are now expanding their horizons with Blinkist. Tim Cook even stopped by the Blinkist office to get a glimpse of the hype, and the app is loved by everyone from [The New York Times](#) to [Forbes](#).

“Blinkist encourages you to read more nonfiction books. The app contains cleverly written digests — called blinks — where books are broken down into their main arguments.”

[– The New York Times](#)

So, what exactly is it that top thinkers like about Blinkist?

## **1. Huberman's Picks—and So Much More—in 15 Minutes**

It takes the average person 10 hours to read a book, which is a lot of time many of us don't have.

With Blinkist, the most powerful ideas are shared in short audio and text explainers. The best bit? It only takes 15 minutes to read or listen to them, so you can fit learning in while eating breakfast, commuting to work, or walking the dog.

Plus, there are 40 new titles added to the app every month, so even the most voracious reader will never run out of great content.

## **2. It's Backed By Science**

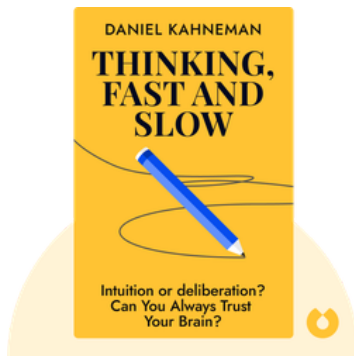
At Blinkist, there's a dedicated team of experts who sift through the millions of books published each year to find the best ones out there. We don't just want bestsellers—we want the hidden gems, the timeless classics, the books written for intellectuals, by intellectuals.



‘When we started most apps were for social media or gaming. We wanted to do something different and build an app that would add genuine value to someone’s life’ — Holger Seim, Blinkist co-founder.


Once the books are selected, our specialist editors identify the key insights in each book and turn them into bite-sized explainers. The best part? All of the content is created using neuroscientific principles making all the information easy to understand and remember.

Take a look—here's the explainer to international bestseller *Thinking, Fast and Slow* by Daniel Kahneman:



## Thinking, Fast and Slow

by Daniel Kahneman

 28 min reading time

 audio version available

Get the key ideas on Blinkist

[Buy on Amazon](#)

### 3. It Transforms Their Mindless Scrolling Routine – And Replaces It With A Good Habit

You know those moments when you catch yourself endlessly swiping through social media? It's something an **alarmingly high amount of people suffer from and it's called "doom-scrolling"**, a phenomenon that leaves people feeling tired and angry.

One of the many reasons, **intellectuals love Blinkist is because it turns those wasted minutes into valuable learning opportunities.** Whether it's on the subway, a quick break or before bed: Instead of getting lost in time-wasting apps, all the curious



minds are now engaging in **focused and insightful** learning sessions. It's a game-changer! **80% of the Blinkist users say that they are more likely to spend time on Blinkist than scroll through social media.** Here's what some of them are saying:

“This app should be in Essentials category: One of the best app purchased. I have been a member for 6+ years and I don't think I will ever stop. **This is a learning experience that truly enhances my life.**”

–5 star review on the Apple Store

So, say goodbye to mindless scrolling and hello to a new habit that'll feed your curiosity, spark intellectual growth, and help you become a better you. No wonder Apple and many of its users recommend it:

“This has been the biggest boost to my productivity / lifelong learning ever. **Honestly, I can't think of a better habit to start than Blinkist.**”

–5 star review on the Apple Store

## 4. Intellectuals Love to Learn by Listening

The app became particularly popular with intellectuals when the [audio feature](#) was introduced. It made it possible for big thinkers to listen to every title in the app, which means learning never has to wait until you have time to sit down.

Today, listening is the most popular way to consume the packs of actionable insights with around 70% of users opting to listen to Blinkist. This is no surprise as over 30% of people learn and retain information better when it's heard as opposed to reading.

## 5. Over 94 Thousand 5-Star Ratings

Blinkist isn't just loved by intellectuals, but by everyone who is eager to learn more. Today, there are over 94K five-star ratings across iTunes and Google Play stores.

What some users enjoy most about Blinkist is how the learning experience can fit around their lives. Just take a look at what some users are saying:

“Perfect for populating your mind with smart thoughts and the latest research. I use the audio format while in transportation.”

–5-star review

“Very informative and insightful. I can cook dinner and enjoy the knowledge over audio.”

–5-star review

## 6. Buy Only the Books You’ll Love

With 15-minute explainers, busy people can take books for a test drive. If they like what they hear in those 15 minutes, they can buy the full thing to learn more.

“I’ve found that if a book is still interesting after reading the highlights I end up buying the book anyway. I now buy half as many, the ones I do buy are higher quality and more impactful.” –[@DaleyErvin](#)

Not only does this save people money buying books they never read, but it saves them time, too, as every book they do buy is one they know they’ll get a lot out of.

“Blinkist has helped me read more — period. I love that I can get the key learnings from 10+ books a week, and immediately implement them in my own life. Blinkist has also helped me filter the books I purchase — if I couldn’t get enough of the Book-in-Blinks, I buy it.”

– Hitha Palepu, entrepreneur, author and Blinkist user

## 7. One of the Best Apps in the World

“Blinkist is one of the world’s best apps.”

– [Apple](#)

Blinkist has won numerous major awards from [Apple](#), [Google](#), and even the [United Nations](#). It's loved by everyone from [The New York Times](#) to [Forbes](#), along with its millions of users.

What's more, [Apple](#) recommends Blinkist for those who love to learn. The tech giant named Blinkist one of the top 20 apps for lifelong learners.

The app is a favorite among book lovers who use Blinkist to keep their minds young and discover new titles.

## 8. The Right Knowledge at the Perfect Time

Curious people are drawn to Blinkist because they know they can quickly access the knowledge they want—exactly when they need it. This no-fuss, no-stress approach to learning removes the time and strain that might otherwise go into research.

This way, intellectual thinkers can keep up-to-date on the latest ideas, fill gaps in their knowledge, and easily integrate learning into their everyday lives.

“Blinkist is a lens to kick off thinking, a surveying tool. I can, for example, quickly review a few of the best books on negotiation.”

– [Adam Gries, Founder of OKpanda](#)

## 9. Blinkist Treats its Employees Well





The founders of Blinkist (from left): Niklas Jansen, Tobi Balling, and Holger Seim (Not pictured: Sebastian Klein)

Many people find out about Blinkist by hearing about the [inner workings](#) of the company itself. It's proven itself a great place to work with a unique company culture. [LinkedIn](#) named Blinkist the best startup employer in Germany and 95% of its employees on Glassdoor would recommend the company to a friend.

Employees love the startup's culture and feel like they're taken care of. This has led to a low attrition rate where staff has stuck around for the long run to help make the app even better.

“I moved to Berlin after living in New York City for ten years to work at Blinkist. I knew I would be working alongside some amazing people, building a revolutionary product. This, mixed with an exciting new culture and the way of life Berlin offers, made the move an easy decision.”

– Carlos Alvarado, Country Manager at Blinkist

## 10. Global Success and the Stamp of Approval

We're proud of what we do—we believe in our product because it has meaning, purpose, and intention. Our aim is to help people learn, to allow them to grow, and to better themselves in whatever way they would like.

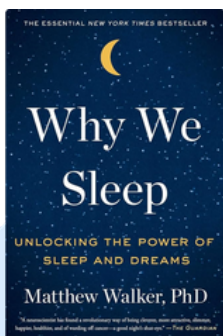
This was recognized and praised by the [United Nations](#), who acknowledged Blinkist as a Global Leader in Learning and Education.

“With Blinkist you can boost your knowledge and gain new perspectives so that you can be a better professional, a better partner, or a better you—and finally get through your book list or make sense of the increasingly big and busy world of ideas.”

– [United Nations](#)

## Want to turn your life around? Start with these 5 books, [as recommended by Andrew Huberman](#):

### 1.) Why We Sleep by Matthew Walker



#### Why We Sleep

by

 16 min reading time

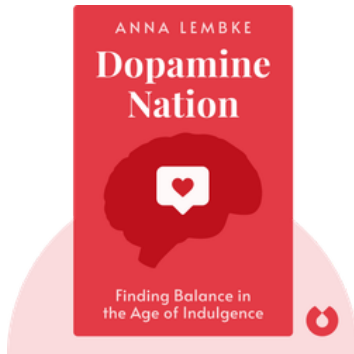
 audio version available

Get the key ideas on Blinkist

[Buy on Amazon](#)

Reveals why quality sleep is foundational to mental performance, emotional balance, memory consolidation, immune resilience, and longevity. A transformative guide to prioritizing rest and optimizing brain-body function. **Get the key ideas on Blinkist in just 20 minutes.**

## 2.) Dopamine Nation by Anna Lembke



### Dopamine Nation

by Anna Lembke

🕒 24 min reading time

🎧 audio version available

Get the key ideas on Blinkist

[Buy on Amazon](#)


Explores how modern life's excesses hijack our dopamine system—social media, sugar, substances—and offers science-based strategies to recalibrate motivation, pleasure, and mental clarity. **Get the key ideas on Blinkist in just 18 minutes.**

## 3.) Outlive by Peter Attia



## Outlive

by Peter Attia, Bill Gifford

 20 min reading time

 audio version available

Get the key ideas on Blinkist

[Buy on Amazon](#)


A cutting-edge manual on longevity: how to optimize sleep, nutrition, metabolic health, hormone balance, and strength to build resilience and vitality for life. **Get the key ideas on Blinkist in just 22 minutes.**

## 4.) Altered Traits by Daniel Goleman & Richard Davidson



## Altered Traits

by Daniel Goleman, Richard J. Davidson

 21 min reading time

 audio version available

Get the key ideas on Blinkist

[Buy on Amazon](#)

Reports on decades of meditation research, showing how sustained practice can reshape brain circuitry—boosting attention, emotional regulation, stress resilience, and well-being.

**Get the key ideas on Blinkist in just 25 minutes.**

## 5.) The Circadian Code by Satchin Panda



### The Circadian Code

by Satchin Panda

 20 min reading time

 audio version available

Get the key ideas on Blinkist

[Buy on Amazon](#)

Unpacks how aligning eating, movement, light exposure, and sleep with your body's internal clock can dramatically enhance energy levels, metabolic health, cognitive performance, and mood. **Get the key ideas on Blinkist in just 20 minutes.**

With a community of 38 million people located across the world—from tech entrepreneurs to full-time moms to top CEOs—Blinkist has a loyal fanbase of users who are all discovering powerful ideas in nonfiction books on the app.

Be part of it! Download the [Blinkist app](#) now and join the 37 million curious thinkers who also love to learn.

*Curious to learn more about the sources we have used for our ad creatives? [Click here.](#)*

*We found [these](#) links for our book lists quite helpful.*



About The Writer

## **The Blinkist Team**

The Blinkist editorial team

# **Start your free trial with Blinkist**

A small investment, an incredible growth opportunity: Get access to powerful ideas from top nonfiction books and podcasts.

Start your free trial



## Our 3 Top Reads

### 1 How to Improve Social Skills: 23 Tips to Help

by Vanessa Gibbs

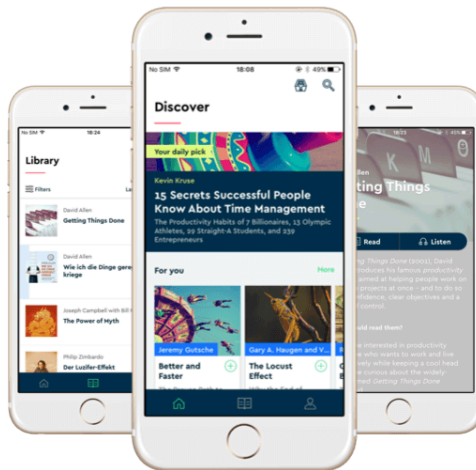
### 2 How to Improve Time Management: 20 Tips to Help You Master Your Schedule

by Vanessa Gibbs

### 3 How To Set And Meet Work Priorities

by Rob Gillham

Start your free trial with  
**Blinkist**



## What is Blinkist?

Blinkist is an app that transforms key insights from great nonfiction books into quick, easy-to-understand highlights. The reality is – everyone loves reading, but no one has the time. Blinkist fills this learning gap and makes acquiring new knowledge effortless.

Download the Blinkist app

## Keep Reading:

**How to Improve Social Skills:  
23 Tips to Help**

**How to Improve Time  
Management: 20 Tips to Help  
You Master Your Schedule**

**How To Set And Meet Work  
Priorities**

# Big ideas in small packages

## Start learning now

Try today

Featured Titles

+

Book List By Category

+

