Bonus 2: 20 Nonfiction Book Ideas for the New Year

Ready-to-use book angles in the habits and life-reset niches

1. The 12-Hour Action Plan

Turn one overwhelming goal into a single focused day.

2. 90-Day New Life

A quarter-by-quarter reset system for busy adults.

3. Habit Rebuild

Rebuild broken habits from scratch, one layer at a time.

4. Discipline by Design

Systems that make discipline automatic, not heroic.

5. Better Life Reset

A gentle full-life audit: health, money, work, relationships.

6. The Morning Reset

Design a morning routine that survives real life.

7. Deep Work for Parents

Focus systems for people with zero quiet hours.

8. The Spending Reset

A 30-day money reset without extreme frugality.

9. Career Reinvention at 40

Pivot careers without starting over.

10. The Energy Audit

Find and fix your biggest energy leaks.

11. Digital Minimalism for Families

Less screen time, more presence — a family plan.

12. The Fitness Restart

Start exercising again after years off, safely.

13. Meal Planning for Beginners

Eat better with 2 hours of prep per week.

14. The Declutter Method

Room-by-room decluttering in 15-minute sessions.

15. Goal Setting That Sticks

Why resolutions fail and what to do instead.

16. The Side Hustle Launch

First $1,000 from a side project, step by step.

17. Confidence Rebuild

Small wins that rebuild self-trust after setbacks.

18. The Sleep Fix

A practical guide to better sleep for busy minds.

19. Relationships Reset

Reconnect with the people who matter most.

20. The Learning Comeback

Learn a new skill as an adult — faster than you think.