



Book Compilation

1. [Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead by Brene Brown](#)
2. [Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead by Brene Brown](#)
3. [The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are by Brene Brown](#)
4. [A Mind at Home with Itself: How Asking Four Questions Can Free Your Mind, Open Your Heart, and Turn Your World Around by Byron Katy](#)
5. [Loving What Is: Four Questions That Can Change Your Life by Byron Katy](#)
6. [The Law of Attraction: The Basics of the Teachings of Abraham by Esther & Abraham Hicks](#)
7. [Breaking The Habit of Being Yourself: How to Lose Your Mind and Create a New One by Dr Joe Dispenza](#)
8. [You Are the Placebo: Making Your Mind Matter by Dr Joe Dispenza](#)
9. [The Art of Living: Peace and Freedom in the Here and Now by Thich Nhat Hanh](#)
10. [Book of Joy: Lasting Happiness in a Changing World by Avery](#)
11. [WAY OF THE PEACEFUL WARRIOR: A Book That Changes Lives by Dan Millman](#)
12. [The Presence Process: A Journey Into Present Moment Awareness by Michael Brown](#)
13. [The Four Agreements: A Practical Guide to Personal Freedom \(A Toltec Wisdom Book\) by Don Miguel Ruiz](#)
14. [The Power of Awareness by Neville Goddard](#)
15. [A Happy Pocket Full of Money, Expanded Study Edition: Infinite Wealth and Abundance in the Here and Now by David Cameron Gikandi](#)
16. [Outwitting the Devil: The Secret to Freedom and Success by Napoleon Hill](#)
17. [The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle](#)

18. [Judgment Detox: Release the Beliefs That Hold You Back from Living A Better Life by Gabrielle Bernstein](#)
19. [The 12 Stages of Healing: A Network Approach to Wholeness by Donald M. Epstein](#)
20. [Wild Feminine: Finding Power, Spirit & Joy in the Female Body by Tami Lynn Kent](#)
21. [Be Healed: A Guide to Encountering the Powerful Love of Jesus in Your Life by Dr. Bob Schuchts](#)
22. [Brave Enough by Cheryl Strayed](#)
23. [ROAR: How to Match Your Food and Fitness to Your Unique Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life by Stacy Sims](#)
24. [The Postnatal Depletion Cure: A Complete Guide to Rebuilding Your Health and Reclaiming Your Energy for Mothers of Newborns, Toddlers, and Young Children by Oscar Serrallach](#)
25. [The Recovery Mama Guide to Your Eating Disorder Recovery in Pregnancy and Postpartum by McCabe](#)
26. [Girl, Stop Apologizing: A Shame-Free Plan for Embracing and Achieving Your Goals By Rachel Hollis](#)
27. [Girl, Wash Your Face: Stop Believing the Lies About Who You Are so You Can Become Who You Were Meant to Be By Rachel Hollis](#)
28. [Living in Balance: A Mindful Guide for Thriving in a Complex World by Joel Levey](#)
29. [Year of the Yes: How to Dance It Out, Stand in the Sun and Be Your Own Person By Shonda Rhimes](#)
30. [A Mind of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives By Kelly Brogan MD](#)
31. [The Rise: An Unforgettable Journey of Self-Love, Forgiveness, and Transformation by Danette May](#)
32. [Loving Kindness: The Revolutionary Art of Happiness by Sharon Salzberg](#)
33. [The Circadian Code: Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight by Panda PhD, Satchin](#)
34. [Why We Sleep: Unlocking the Power of Sleep and Dreams by Scribner](#)