Books

My favorite books that were so powerful for me and may help you on your journey . . .

1. **No Bad Parts** by Richard C. Schwartz - For healing past trauma
2. **You Can Heal Your Life** by Louise Hay - For healing past trauma, loving yourself more and increasing self worth
3. **Feel the Fear and Do it Anyway** by Susan Jeffers - For getting past worry and self doubt in all areas of your life
4. **Men are from Mars Women are from Venus** - For understanding relationships more
5. **The Relationship Cure** by John Gottman - For understanding relationships and how we interact in them, also understanding our own emotional habits
6. **The Four Agreements** by Miguel Ruiz - For overall understanding of life and how to be happier
7. **Don't Sweat the Small Stuff** By Richard Carlson -For overall understanding of life and how to stress less
8. **The Psychology of Money** by Morgan Housel - For understanding money habits and mindsets
9. **Radical Acceptance: Embracing Your Life With the Heart of a Buddha** by Tara Brach
10. **The Confidence Code: The Science and Art of Self-Assurance—What Women Should Know** by Katty Kay and Claire Shipman
11. **The Soulmate Experience: A Practical Guide to Creating Extraordinary Relationships** by Mali Apple and Joe Dunn
12. **The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are** by Brené Brown
13. **Calling in The One: 7 Weeks to Attract the Love of Your Life** by Katherine Woodward Thomas