



RECOMMENDED READS

Wintering: The Power of Rest and Retreat in Difficult Times by Katherine May

Attached: The New Science of Adult Attachment by Amir Levine and Rachel Heller

Untamed by Glennon Doyle

Mind Over Medicine: Scientific Proof That You Can Heal Yourself by Lissa Rankin, MD

Super Attractor by Gabrielle Bernstein

Huddle: How Women Unlock Their Collective Power by Brooke Baldwin

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk, MD

On Our Best Behavior: The Seven Deadly Sins and the Price Women Pay to Be Good by Elise Loehnen

The Universe Has Your Back: Transform Fear to Faith by Gabrielle Bernstein

Rising Strong: The Reckoning, The Rumble, The Revolution by Brené Brown

Get Out of Your Head: Stopping the Spiral of Toxic Thoughts by Jennie Allen

How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen by David Brooks

Financial Feminist: Overcome the Patriarchy Bullshi to Master Your Money* by Tori Dunlap

Hormone Intelligence by Aviva Romm, MD

The Buddha and the Badass: The Secret, Spiritual Art of Succeeding at Work by Vishen Lakhiani

Kisses from Katie: A Story of Relentless Love and Redemption by Katie Davis

Just Mercy: A Story of Justice and Redemption by Bryan Stevenson

Executive Presence: The Missing Link Between Merit and Success by Sylvia Ann Hewlett

Feel the Fear and Do It Anyway by Susan Jeffers, PhD

The Source: The Secrets of the Universe and the Science of the Brain by Tara Swart

DBT For Dummies by Gillian Galen, PsyD and Blaise Aguirre, MD

The Five Resets: Rewire Your Brain and Body for Less Stress and More Resilience by Aditi Nerurkar, MD

Practical Optimism: The Art, Science, and Practice of Exceptional Well-Being by Sue Varma, MD

How to Be Yourself: Quiet Your Inner Critic and Rise Above Social Anxiety by Ellen Hendrickson

Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One by Dr. Joe Dispenza

Self Help: This is Your Chance to Change Your Life by Gabrielle Bernstein and Richard C. Schwartz

Own Your Self by Kelly Brogan, MD

Social Intelligence by Daniel Goleman

Emotional Intelligence by Daniel Goleman

The Mountain Is You: Transforming Self-Sabotage into Self-Mastery by Brianna Wiest

The Healing Self by Deepak Chopra, MD, and Rudolph E. Tanzi, PhD

The Psychology of Money by Morgan Housel



RECOMMENDED READS

Quotes from a feminist icon by Virginia Woolf

Focus emotional intelligence by Harvard business review press

Confidence, emotional intelligence by Harvard business review press

How are you, really? By Jenna Kutcher.

Miracles now by Gabrielle Bernstein

Make Cos miracles by Gabrielle Bernstein

Money Magic | Practical Wisdom and Empowering Rituals to HEAL YOUR FINANCES by THE MONEY WITCH

THE BOOK of LYMPH | Self-care practices to enhance Immunity, Health, and Beauty by Lisa Levitt Gainsley, CLT

HIGH VIBRATIONAL BEAUTY RECIPES AND RITUALS FOR RADICAL SELF-CARE By Kerrilynn Pamer and Cindy

Diprima Morisse | Founders of CAP BEAUTY