Recommended Reading

CHANGE HOW YOU SEE YOURSELF AND THE WORLD

**ADVICE**

*The Crossroads of Should and Must: Find and Follow Your Passion* by Elle Luna

*Letters to a Young Poet* by Rainer Maria Rilke

*Tiny Beautiful Things: Advice on Love and Life from Dear Sugar* by Cheryl Strayed

**BODY**

*Move Your DNA: Restore Your Health Through Natural Movement* by Katy Bowman

*Your Body Knows the Answer: Using Your Felt Sense to Solve Problems, Effect Change, and Liberate Creativity* by David I. Rome

**CHILDREN**

*What Do You Do with an Idea?* by Kobi Yamada

*How to Tame Your Thought Monster: A fun book that will help you learn and grow with your kids!* by Katie McClain

**CREATIVITY**

*Big Magic: Creative Living Beyond Fear* by Elizabeth Gilbert

*Steal Like an Artist: 10 Things Nobody Told You about Being Creative* by Austin Kleon

*Show Your Work!* by Austin Kleon

**FOOD**

*How to Eat* by Thich Nhat Hahn

*The Yoga of Eating: Transcending Diets and Doga to Nourish the Natural Self* by Charles Eisenstein

**HABITS**

*Taking the Leap: Freeing Ourselves from Old Habits and Fears* by Pema Chödrön

*The Power of Habit: Why We Do What We Do in Life and Business* by Charles Duhigg

*Unbroken Brain: A Revolutionary New Way of Understanding Addiction* by Maia Szalavitz
Recommended Reading

CHANGE HOW YOU SEE YOURSELF AND THE WORLD

MINDFULNESS

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness
by Jon Kabat-Zinn

Peace Is Every Step: The Path of Mindfulness in Everyday Life
by Thich Nhat Hahn

Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life
by Jon Kabat-Zinn

MINIMALISM

The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing
by Marie Kondo

MONEY

Sacred Success: A Course in Financial Miracles
by Barbara Stanny

The Soul of Money: Transforming Your Relationship with Money and Life
by Lynne Twist

PRODUCTIVITY

Straight-Line Leadership: Tools for Living with Velocity and Power in Turbulent Times
by Dusan Djukich

The Practicing Mind: Developing Focus and Discipline in Your Life—Master Any Skill or Challenge
by Learning to Love the Process
by Thomas M. Sterner

RELATIONSHIPS AND SEX

Calling in “The One”: 7 Weeks to Attract the Love of Your Life
by Katherine Woodward-Thomas

Come as You Are: The Surprising New Science that Will Transform Your Sex Life
by Emily Nagoski

Mating in Captivity: Unlocking Erotic Intelligence
by Esther Perel

VULNERABILITY

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead
by Brené Brown

The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are
by Brené Brown