

Suggested Reading

Spiritual —

“The Four Agreements”

A Practical Guide to Personal Freedom (A Toltec Wisdom Book)

by Don Miguel Ruiz

https://www.amazon.com/s?k=the+four+agreements&ref=nb_sb_noss_1

Self-Help —

“You’re A Badass”

How to Stop Doubting Your Greatness and Start Living an Awesome Life

by Jen Sincero

https://www.amazon.com/s?k=you%27re+a+badass&ref=nb_sb_noss_2

“Codependent No More”

How to Stop Controlling Others and Start Caring for Yourself

by Melody Beattie

https://www.amazon.com/s?k=codependent+no+more&ref=nb_sb_noss_2

“Self-Compassion”

The Proven Power of Being Kind to Yourself

by Kristin Neff

https://www.amazon.com/s?k=self+compassion&ref=nb_sb_noss_2

“Girl Stop Apologizing”

A Shame-Free Plan for Embracing and Achieving Your Goals

by Rachel Hollis

https://www.amazon.com/s?k=girl+stop+apologizing&ref=nb_sb_noss_2

Trauma —

“The Courage to Heal”

A Guide for Women and Men Survivors of Child Sexual Abuse

by Ellen Bass and Laura Davis

https://www.amazon.com/s?k=courage+to+heal&ref=nb_sb_noss_1