



My Favorite Books

I read to get inspired and to receive the wisdom of sages in all forms. As someone who is always evolving and learning, reading is a staple of my day. Here are several books that have been most influential and thought-provoking:

- The Untethered Soul: The Journey Beyond Yourself by Michael A. Singer
- The Happiness Project by Gretchen Rubin
- Tribe: On Homecoming and Belonging by Sebastian Junger
- Soulful Simplicity: How Living with Less Can Lead To So Much More by Courtney Carver
- The Seat of the Soul: by Gary Zukav
- Do Less by Kate Northrup
- Who Will Cry When You Die by Robin S. Sharma
- Writing Down Your Soul by Janet Conner
- Big Magic: Creative Living Beyond Fear by Elizabeth Gilbert
- The Four Agreements: A Practical Guide to Personal Freedom by Don Miguel Ruiz
- The Alchemist: A Fable About Following Your Dream by Paulo Coelho
- Loving What Is by Byron Katie and Stephen Mitchell
- The Gifts of Imperfection by Brené Brown
- The Art of Stillness: Adventures in Going Nowhere by Pico Iyer
- Real Love: The Art of Mindful Connection by Sharon Salzberg
- Full Cup, Thirsty Spirit by Ph.D. Karen Horneffer-Ginter
- Mastery by George Leonard
- Raising Happiness by Christine Carter Ph.D.
- The Subtle Art of Not Giving a F*ck by Mark Manson
- The Soul of Money by Lynne Twist
- Falling Awake by Jon Kabat-Zinn
- The Happy Traveler by Jaime Kurtz,
- 10% Happier by Dan Harris
- The Power of Now by Eckhart Tolle
- The Space Within: Finding Your Way Back Home by Michael Neill

