

Authentically YOU

Recommended Reading

- The Four Agreements, Don Miguel Ruiz
- The Five Love Languages, Gary Chapman
- A Tribe Called Bliss, Lori Harder
- Girl, Wash Your Face, Rachel Hollis
- The Secret, Rhonda Byrne
- Unfu*k Yourself, Gary John Bishop
- Dare To Lead, Brene Brown
- Judgement Detox, Gabrielle Bernstein

Recommended Podcasts

- “Bubbles, Bitching and Bonding” -Lawa-Na and Nichole
- “The School of Greatness” -Lewis Howes
- “The Tim Ferriss Show” -Tim Ferriss
- “The Tony Robbins Podcast” -Tony Robbins
- “The Angie Lee Show” -Angie Lee
- “Rise” -Rachel Hollis
- “Goal Digger” -Jenna Kutcher

Recommended Meditations

- Muse meditation device
- Dr. Joe Dispenza’s “Blessing of the Energy Centers”
- Hay House Meditations (on Apple podcast app)
- YouTube: 10 Minute Chakra Balance Guided Meditation for Positive Energy