

Recommended Reading

- ATOMIC HABITS BY JAMES CLEAR

- DARING GREATLY BY BRENE BROWN

- DRESSING ON THE SIDE BY JACLYN LONDON

- EVERYTHING IS FIGUREOUTABLE BY MARIE FORLEO

- THE GIFTS OF IMPERFECTION BY BRENE BROWN

- INTUITIVE EATING BY EVELYN TRIBOLE

- MORE MYSELF BY ALICIA KEYS

- RISING STRONG BY BRENE BROWN

- SUPER ATTRACTOR BY GABRIELLE BERNSTEIN

- THE UNIVERSE HAS YOUR BACK BY GABRIELLE BERNSTEIN

- UNTAMED BY GLENNON DOYLE MELTON

- WHEREVER YOU GO THERE YOU ARE BY JON KABAT-ZINN

Anne Jones