



## **Books For Your Spirit & Mind**

I once heard one of my mentors say “If you are not growing, you are dying” and I would have to agree. We are never too old or too young to learn. I have a library of books that grows monthly and sometimes weekly. I have been a book worm since a child and would skip out on parties and social activities so I could read. Here is a list of a few books that have impacted my life tremendously and would like to share them with you. Happy Reading!!

### **Emotional & Spiritual Health**

*Love Your Life: Living Happy, Healthy, and Whole* by Victoria Osteen

*The Greatest Miracle in the World* by Og Mandino

*You Can Heal Your Life* by Louise Hay

*Unlimited* by Jillian Michaels

*Count Your Blessings The Healing Power of Gratitude and Love* by Dr. John F. Demartini

*Outwitting The Devil* by Napoleon Hill

*Battlefield Of The Mind: Winning The Battle In Your Mind* by Joyce Meyer

*You Are The Placebo* by Dr. Joe Dispenza

*Mind Over Medicine* by Dr. Lissa Rankin

### **Physical Health**

*The Blood Sugar Solution* by Dr. Mark Hyman

*The Wild Diet* by Abel James

*Your Personal Paleo Code* by Dr. Chris Kresser

*The 7 Principals of Fat Burning* by Dr. Eric Berg

*Making Sense of Women's Health* by Dr. Marita Schauch

*The Wisdom of Menopause* by Dr. Christiane Northrup

*The Adrenal Thyroid Solution* by Dr. Aviv Romm

*The Primal Blueprint* by Mark Sisson

*Eat Fat, Get Thin* by Dr. Mark Hyman