10 SELF-HELP BOOKS THAT CHANGED MY LIFE

I used to spend my childhood reading all day, every day. However, once I started college, things changed. This past summer, I recently got back on the reading train (finally!) and wanted to share with you 10 self-help books that have changed my life.



- [ ] On Becoming Fearless...in Love, Work, and Life by Arianna Huffington
- [ ] The Happiness Project by Gretchen Rubin
- [ ] The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are by Brené Brown
- [ ] The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change by Stephen R. Covey
- [ ] You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life by Jen Sincero
- [ ] The 5 Love Languages: The Secret to Love that Lasts by Gary Chapman
- [ ] I Thought It Was Just Me (BUT IT ISN'T): Telling the Truth About Perfectionism, Inadequacy and Power by Brené Brown
- [ ] Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder by Arianna Huffington
- [ ] The Confidence Code: The Science and Art of Self-Assurance—What Women Should Know by Katty Kay , Claire Shipman
- [ ] The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field by Nathaniel Branden

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