

12 MUST-READ BOOKS TO HELP YOU BECOME YOUR BEST SELF

One of my favorite hobbies is reading and listening to personal growth books. I love learning about myself and how to be the best version of me.



- ☐ Loving What Is by Byron Katie
- ☐ Playing Big by Tara Mohr
- ☐ Presence by Amy Cuddy
- ☐ Love Warrior: A Memoir by Glennon Doyle Melton
- ☐ Lean In: Women, Work, and the Will to Lead by Sheryl Sandberg
- ☐ Tiny Beautiful Things by Cheryl Strayed
- ☐ Awaken the Giant Within by Anthony Robbins
- ☐ The Universe Has Your Back by Gabrielle Bernstein
- ☐ Redefining Realness: My Path to Womanhood, Identity, Love & So Much More by Janet Mock
- ☐ Eat, Pray, Love by Elizabeth Gilbert
- ☐ Power of Vulnerability by Brené Brown (Audio only)
- ☐ You Are a Badass by Jen Sincero