

Book List

6 BOOKS TO EMPOWER YOUR HEALING JOURNEY

1 **"Set Boundaries, Find Peace: A Guide to Reclaiming Yourself"**
by Nedra Glover Tawwab

Nedra Glover Tawwab provides practical advice on how to establish and maintain healthy boundaries, crucial for single mothers navigating the complexities of a career and personal life.

2 **"The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are"** by Brené Brown

A guide to wholehearted living, Brené Brown helps readers embrace their true selves and let go of societal expectations.

3 **"Untamed"** by Glennon Doyle

Glennon Doyle's inspiring memoir encourages readers to listen to their inner voice, embrace their true selves, and break free from societal expectations. It's a powerful read for empowerment and self-discovery.

4 **"All About Love: New Visions"** by Bell Hooks

Bell Hooks redefines love as a vital force for personal and social change. Through cultural criticism and emotional insight, she highlights the necessity of self-love, compassion, and healthy boundaries.

5 **"The New Codependency"** by Melodie Beattie

"The New Codependency" by Melodie Beattie updates codependency concepts for today's world, exploring evolved issues and offering tools for healthier relationships and boundaries, while emphasizing personal growth and self-care.

6 **"Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead"** by Brené Brown

Brené Brown explores the power of vulnerability, which can help single mothers embrace their imperfections and build stronger connections.

