

A warm, inviting scene featuring a white ceramic cup of coffee on a saucer, a vase of purple flowers, and an open book with a floral patterned cover. The background is a soft, out-of-focus light blue.

top 20

BOOKS TO READ

www.changeyourlifefrostinarenae.com

- CHANGE YOUR THOUGHTS CHANGE YOUR MIND-WAYNE DYER
- WISHES FULFILLED- WAYNE DYER (MANY MANY GREAT BOOKS)
- FAST LIKE A GIRL- MINDY PELZ
- MENOPAUSE RESET- MINDY PELZ
- YOU ARE A BADASS- JEN SINCERO
- GIRL, STOP APOLOGIZING- RACHEL HOLLIS
- LIMITLESS- JIM KWIK
- THINK AND GROW RICH NAPOLEAN HILL
- THE NEW MENOPAUSE-MARY CLAIRE HAVER
- WORTHY AND JUMP AND YOUR LIFE WILL APPEAR- NANCY LEVIN
- RUSHING WOMENS SYNDROME- LIBBY WEAVER
- HORMONE CURE- SARA GOTTFRIED
- HOW TO WIN FRIENDS AND INFLUENCE PEOPLE-DALE CARNEGIE (SEVERAL GREAT BOOKS)
- THINK LIKE A MONK-JAY SHETTY
- DYING TO BE ME- ANITA MOORJANI

- GOOD ENERGY- CALLEY MEANS
- UNIVERSE HAS YOUR BACK- GABBY BERNSTEIN (LOTS OF GREAT BOOKS)
- LET THEM -MEL ROBBINS
- 5 SECOND RULE- MEL ROBBINS
- THE POWER OF NOW- ECKHART TOLLE
- 7 HABITS OF HIGHLY EFFECTIVE PEOPLE- STEPHEN AND SEAN COVEY
- A RETURN TO LOVE-MARIANNE WILLIAMSON

WE ARE BLESSED TO HAVE SO MANY GREAT AUTHORS OUT THERE. THIS LIST IS JUST A FEW OF MY FAVORITES. AS YOU CAN TELL I LOVE TO READ. I READ FROM MY KINDLE, BUT FOR A GREAT APP THAT HAS BOOKS, PODCASTS, MEDITATIONS AND MORE I HAVE THE **“EMPOWER YOU”** APP. ITS AMAZING WORTH EVERY PENNY!!!

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