

Book Recommendations

Self-Compassion, Kristin Neff, Ph. D.

5 Love Languages, Gary Chapman

Think Like a Monk, Jay Shetty

The Secret, Rhonda Byrne

Breathwork: A 3-Week Breathing Program to Gain Clarity, Calm, & Better Health, Valerie Moselle

Meditation Recommendations

21 days of abundance meditation | Deepak Chopra:

https://www.youtube.com/watch?v=cfxs_Wf06x4&list=PLB1555b1