

## RECOMMENDED READING

### ***BodyWise***

Dr. Rachel Abrams

### ***Daring Greatly***

Dr. Brené Brown

### ***Desire***

Dr. Saida Désilets

### ***Emergence of the Sensual Woman***

Dr. Saida Désilets

### ***Essentialism***

Greg McKeown

### ***Multipliers***

Liz Wiseman

### ***Neurosculpting***

Lisa Wimberger

### ***The End Of Gender***

Dr. Debra Soh

### ***The Hormone Cure***

Dr. Sara Gottfried

### ***The New Feminine Brain: Developing Your Intuitive Genius***

Dr. Mona Lisa Schultz

### ***The Secret Pleasures of Menopause***

Dr. Christiane Northrup

### ***Tribes***

Seth Godin

### ***Vagina***

Dr. Naomi Wolf

### ***We Are All Weird: The Myth Of Mass And The End Of Compliance***

Seth Godin

### ***WomanCode***

Alisa Vitti

### ***Women's Bodies, Women's Wisdom***

Dr. Christiane Northrup