Redefining my Personal Spirituality

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Please note - this document is a result of having many of my coaching clients ask what resources have been helpful for me as I am continually engaged in a lifelong journey of spiritual growth. Some of these resources may feel supportive for you, while others may not.

Books:

1. GOD, A Human History - Reza Aslan
2. Sapiens - Yuval Noah Harari
3. The Historical Jesus - Bart Erhman
4. Signs - Laura Lynne Jackson
5. The Light Between Us - Laura Lynne Jackson
6. Radical Acceptance - Tara Brach
7. The Myth of Normal - Gabor Mate
8. Love Wins - Rob Bell
9. Falling Upward - Richard Rhor
10. The Untethered Soul - Michael A. Singer
11. Seat of the Soul - Gary Zukav
12. The Five Levels of Attachment - Don Miguel Ruiz Jr.
13. The Four Agreements - Don Miguel Ruiz Jr.
14. The Fifth Agreement - Don Miguel Ruiz Jr.
15. Untamed - Glennon Doyle
16. Conversations with God (all books) - Neale Walsch
17. Mistakes Were Made, But Not by Me - Carol Tavris
18. A New Earth - Eckhart Tolle
19. The Power of Now - Eckhart Tolle
20. Lost Connections - Johann Hari

21. No Bad Parts - Richard Schwartz
22. Ancient Secrets of a Master Healer - Clint Rogers
23. Ask and It Is Given - Esther and Jerry Hicks
24. How to do the Work - Nicole LePerra
25. Journey of Souls - Michael Netwon

Podcasts:

1. Secular Buddhism - Noah Rasheta
2. The Tara Brach Podcast
3. Deja Blu - Blu
4. The Aubrey Marcus Podcast
5. Sadhguru - Sadhguru
6. Essential Teachings - Eckhart Tolle
7. Oprah Super Soul Conversations - Oprah
8. Raising Freethinkers - Dale McGowan
9. Breaking Down Patriarchy - Amy McPhie Allebest
10. Ten Percent Happier - Dan Harris
11. Ram Dass - just search his name - he is one of my great teachers
12. Gabor Mate - search his name for interviews he has been on

Websites/apps:

1. Gaia.com & Gaia app
2. Tarabrach.com
3. Genekeys.com & The Triple Flame app
4. Isha Foundation app - featuring Sadhguru
5. Calm Meditation app
6. Insight Timer Meditation app
7. Mindvalley.com & app
8. Masterclass.com & app