



# SELF CARE BOOK LIST

Braided  
Sweetgrass by  
Robin Wall  
Kimmerer

The Power of Now  
by Eckhart Tolle

The Power of  
Naming by Melanie  
Dewberry

5 People You Meet  
in Heaven by Mitch  
Albom

The Shack by W.M.  
Paul Young

Sacred Women by  
Queen Afua

The Four  
Agreements by Don  
Miguel Ruiz

All About Love by  
Bell Hooks

Black Pearls by  
Eric V. Copage



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