READING LIST

- The 5AM Club: Own Your Morning.
 Elevate Your Life by Robin Sharma
- All About Love by Bell Hooks
- Gifts of Imperfection by Brené Brown
- Think Again by Adam Grant
- Radical Acceptance: Embracing Your
 Life With the Heart of a Buddha by Tara
 Brach
- The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle