

RESOURCES

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_WxswWg&list=PLKAbovND9udInHnS35bvJlkRTJM-z08zl&index=21

20 Days of Live Meditation with Jay Shetty:

<https://www.youtube.com/watch?v=gxURcDSeRns>

Other Video Recommendations

Brené Brown: The Call to Courage | Netflix Official Site

Self-love affirmations <https://www.youtube.com/watch?v=k-mUQ4D6TgI&t=2s>