

50 LIFE CHANGING BOOKS

This list of books represents those that have changed my life and I'm sure the lives of many others. Whether they helped me at the time of reading or further down the line, each of these books have given me inspiration, encouragement, and healing on my journey. With that in mind, I hope that you'll get around to reading whichever of these books catch your eye and that you'll learn as much as I did. I pray you read, reflect and respond!

My list of books is ever-growing, feel free to email me questions or recommend any for the next 50. If one of these books comes to mean something to you, pay it forward and recommend it to someone else.

I promised myself long ago that if I saw a book that caught my attention I'd never let time or money prevent me from having it. This means that I treat reading as one of my priorities in life.

Relish these books and treat your education like the life long vocation that it is.

Love,

Sarah xo

Mind ▾

1	7 Habits of Highly Effective People	Stephen Covey
2	The Road Less Travelled	M. Scott Peck
3	The War of Art	Steven Pressfield
4	How to Stop Worrying and Start Living	Dale Carnegie
5	Daring Greatly	Brene Brown
6	Don't Sweat the Small Stuff	Richard Carlson
7	The Obstacle is the Way	Ryan Holiday

8	The Magic of Thinking Big	David J Schwartz
9	Man's Search for Meaning	Viktor Frankl
10	Solve for Happy	Mo Gawdat
11	The Alchemist	Paulo Coelho
12	What I Know for Sure	Oprah Winfrey
13	Leading an Inspired Life	Jim Rohn
14	The Seasons of Life	Jim Rohn
15	The Traveler's Gift	Andy Andrews
16	The Noticer	Andy Andrews
17	The Seven Decisions	Andy Andrews
18	What to Say When You Talk to Yourself	Shad Helmstetter
19	Deep Work	Cal Newport
20	Digital Minimalism	Cal Newport
21	Grit	Angela Duckworth
22	The Slight Edge	Jeff Olson
23	The 48 Laws Of Power	Robert Greene
24	B.O.L.L.O.C.K.S To That - I Choose To Shine!	Melanie Pledger
25	The Daily Stoic	Ryan Holiday
26	The Artists Way	Julia Cameron
27	Mindset: Changing The Way You think To Fulfil Your Potential	Dr Carol Dweck

Body ▾

28	Strength Training Anatomy	Frederic Delavier
29	Delavier's Core Training Anatomy	Frederic Delavier
30	Silence	Erling Kagge
31	Sweet Nothing	Nicole Mowbray

32	Caffeine Blues	Cherniske, M.S. Stephen
33	The Body Book	Cameron Diaz
34	It's all Good	Gwenyth Paltrow
35	L'art de la Simplicité: How to Live More With Less	Dominique Loreau

Spirit ▾

36	The Bible	
37	Conversations with God	Neale Donald Walsch
38	A Return to Love	Marianne Williamson
39	Lies We Believe About God	William P. Young
40	Jesus Calling	Sarah Young
41	The Shack	William P. Young
42	Soul Stories	Gary Zukav
43	Rainbow in the Cloud	Maya Angelou
44	How to Pray	C. S. Lewis

Self Worth

45	The Gifts of Imperfection	Brene Brown
46	I Heart Me: The Science Of Self-Love	David Hamilton
47	A Woman's Worth	Marianne Williamson
48	Unapologetically You	Dr. Steve Maraboli
49	When I Loved Myself Enough	Kim McMillen
50	You Are Enough: Heartbreak, Healing, and Becoming Whole	Mandy Hale



BE BRAVE

BE BEAUTIFUL

BE YOU

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