



connect in

# Reading list

These are a collection of books that I have read that have impacted me in a meaningful way and ignited some shift in my thinking feeling and being...

Reading can be a ritual that falls by the way side once becoming a parent and for some of us it is an extremely nourishing practice. If that's the case for you I invite to be creative in how this practice could continue to exist in your life right now. If you haven't tried audio books before that may be one way...as our children learn to read/are reading you can read with them.

## Self discovery

Start Where You Are  
**Pema Chodron**

Wherever You Go  
There You Are  
**Jon Kabat-Zinn**

Daring Greatly  
**Brene Brown**

Braving the Wilderness  
**Brene Brown**

Rising Strong  
**Brene Brown**

Dare to Lead  
**Brene Brown**

A New Earth  
**Eckhart Tolle**

The Power of Now  
**Eckhart Tolle**

No Boundary  
**Ken Wilber**

The Untethered Soul  
**Michael Singer**

Mindfulness a  
practical guide  
**Mark Williams**

The Power of TED  
**David Emerald**

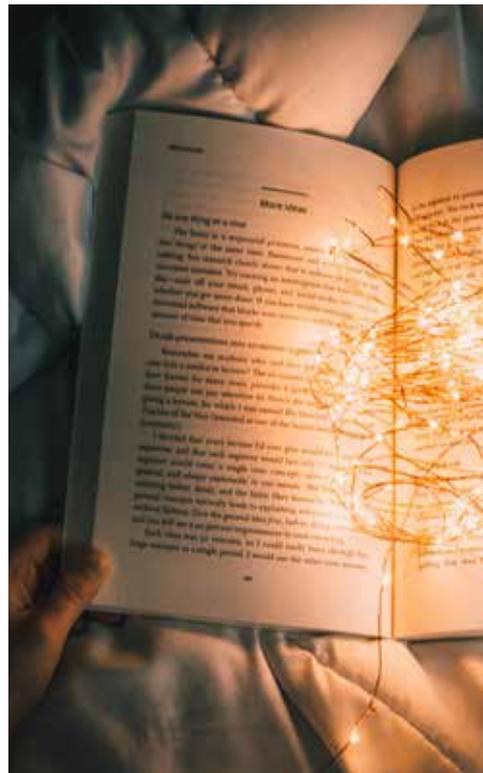


Photo by by Nong Vang on Unsplash

# Create space and connect in

[connectin.me.uk](https://connectin.me.uk)

## Your body

I believe that having a strong & meaningful connection with our bodies is essential for wellbeing. It allows use to make the most of the wisdom it shares with us and is a vital component for our own growth and recovery. It's also a hugely valuable skill to practice and pass on to our children.

•  
Photo by Alexander Krivitskiy on Unsplash

The breathing book  
**Donna Farhi**

Getting our bodies back  
**Christine Caldwell**

Bodyfulness  
**Christine Caldwell**

The Intuitive Body  
**Wendy Palmer**

The body keeps the score  
**Bessel Van Der Kolk**

In an Unspoken Voice  
**Peter Levine**



## Parenting

I believe that we all have what we need as parents. And when we are well and connected, we have the capacity to access what already lives within us. These recommended books reflect that belief.

The Conscious Parent  
**Dr Shefali Tsabary**

The Awakened Family  
**Dr Shefali Tsabary**

Mindful Parent  
**Susan Kaiser Greenland**

Parenting from the inside out  
**Daniel Siegel**

Parenting with Presence  
**Susan Stiffelman**



## Poetry

I only found my appreciation for poetry later in my life. I find poetry can be deeply impactful and support well-being and connection with self and others.

If its new to you too – here's a few to get you started...

Endless Horizon  
**NickLeForce**

Consolations  
**David Whyte**

Everything is Waiting for You  
**David Whyte**

### Individual poems:

The Guest House  
**Rumi**

Birdwings  
**Rumi**

The Journey  
**Mary Oliver**

Wild Geese  
**Mary Oliver**

## The Enneagram

I find the enneagram a hugely rich and deep resource for growth, development and well-being.

I would recommend only diving into these books if you are already being supported or guided by a Coach with the enneagram

The Wisdom of the Enneagram  
**Don Richard Riso & Russ Hudson**

The Complete Enneagram  
**Beatrice Chestnut**

The Spiritual Dimension of  
the Enneagram  
**Sandra Maitri**

