

Recommended reading

Mental Health and Well Being

David Edward Cummings, Ph.D. *Everybody's Got Bears: Bravely Facing Down Stress, Anxiety, and Depression to Find an Abundant Life in Christ*

Mindset and Growth/Abundance Mindset

Jennie Allen *Get out of Your Head*

Gay Hendricks *The Big Leap*

Mel Robbins *Take Control of Your Life*

Dr. Caroline Leaf *Switch on Your Brain*

Personal Growth

Jen Sincero *You are a Badass*

Rachel Hollis *Girl, Wash Your Face*

Business Growth

Romy Neustadt *Get Over your Damn Self*

John Maxwell *The 15 Invaluable Laws of Growth*

Financial Freedom and Mindset

T. Harv Eker *Secrets of a Millionaire Mind*

Jen Sincero *You are a Badass at Making Money*

Spiritual Growth

Mark Batterson *The Circle Maker*

David Ramos *Magnetic Faith*

Coordinating Chaos