

Ready

FOR CHANGE

There's so many great books to move you forward on your growth journey. I have read a lot!

Below are a selection of the books that have had a big impact on me and will take you further along the path of transforming from the inside.

Also - just a note - some of these books are written from a Christian point of view. I don't practice an organised religion so I just replace religious names with 'the divine' or 'the universe'. The principles that are expressed in some of these books apply universally. Some just see them through the lens of religion.

Enjoy! And happy ready.

Lisa x

THE INSIDE OUT REVOLUTION

This was one of the first books I read that changed my focus on how to transform my life. It's super easy to read and doesn't contain scientific language! But it lays out essential universal principles in a way that make you say (sometimes out loud!) "ohhh yeeeahhhhhh!". As a warning - it does challenge traditional psychology. I found it fascinating and is the book I often recommend to friends who aren't particularly 'woo' but are open to deep transformation and finding that in alternative ways.

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AWARENESS - ANTHONY DE MELLO

Anthony de Mello was a Jesuit priest renowned for his writings and spiritual conferences. He brings together Christian spirituality, Buddhist parables, Hindu breathing exercises and psychological insight.

This book is a collection of his teachings. I couldn't put it down! It's broken up into very short chapters so I actually keep it in my bag for when I'm waiting in lines - or even just for my morning coffee! Beats picking up my phone....

He's also quite funny and very blunt. Wouldn't be everyone's style but I love it.

THE POWER OF YOUR SUBCONSCIOUS MIND - JOSEPH MURRAY

Truly understanding how your subconscious mind works gives you ultimate power and freedom in your life. This is one of my favourite books on the topic because of the way in which that is explained.

It wouldn't be the first book on the topic I'd recommend but I'm certainly glad it's on my shelf to revisit.

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DOLLARS FLOW TO ME EASILY - RICHARD DOTTS

If you struggle with money - this is essential reading! It's a short book and outlines succinctly the power that our inner state of being has on our ability to attract abundance.

Spoiler alert: the abundance already exists.

THE WISDOM OF FLORENCE SCOVEL SHINN - FLORENCE SCOVEL SHINN

This book lives on my bedside table. I open it up and read at any page and take something from it - almost daily.

It's the most well worn, dog-eared and scribbled on book of all.

I adore Florence and the collection of her four books has had a huge impact on me. The blurb on the back says...

"This book provides a complete guide for learning how to turn defeat into victory, lack into prosperity, fear into faith and resentment into love".

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ESSENTIALISM - GREG MCKEOWN

I read this book at a time I was trying to do way too much. I had no clarity, I thought that having a finger in each pie was the only way to live or make progress.

Turns out I was waaaaay wrong! This book is about streamlining. It helps you stop focusing on the trivial many and make way for the essential few.

Save your energy for what matters and create a life by design, not default. This books makes THAT easy.

BREAKING THE HABIT OF BEING YOURSELF - DR. JOE DISPENZA

This book is heavy going and I must admit I have never finished it - but it's SO GOOD and if it introduces you to the work of this man - then I'm all for it!

He really starts to bridge the gap between science and spirituality by making some of the 'woo' practical. But it can be heavy on the science. If you love that you'll love this book!