



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



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Create space and connect in

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.

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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

