

Library to Awareness (Books Devoured in 2017)

Audible Books: (Audio Books)

(The introduction to Audio Books in my life has been something I will never regret. You can find time to listen to Audio Books during long car rides, mundane work tasks, or while walking/meditating. You create the time in your life that you allow yourself to educate your spirit and mind.)

- ★ *The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living a Good Life* (2016) Mark Manson (Read by Roger Wayne) *(This Book Set the Stage for me, I am always mindful of where my F*cks are as a result #attitudeofgratitude)*
- ★ *Daring Greatly* (2012) Brene Brown *(If you don't, who will??)*
- ★ *No Self, No Problem: Awakening to Our True Nature* (2009) Anam Thubten *(Yas!)*
- ★ *You Are A Badass* (2013) Jen Sincero *(You're Damn Right!)*
- ★ *Rich Bitch: A Simple 12-Step for Step Plan for Getting Your Financial Life Together...Finally* (2015) Nicole Lapin *(She is my Main Bitch,#alltheloveallthetime)*
- ★ *The 5 Second Rule: Transform Your Life, Work and Confidence with Everyday Courage* (2017) Mel Robbins *(This was Powerful and Easy to Use)*
- ★ *Boss Bitch: A Simple 12-Step Plan to Take Charge of Your Charge* (2017) Nicole Lapin *(Bitch Knows Her Stuff)*
- ★ *The Miracle Morning: The Not So Obvious Secret Guaranteed to Transform your Life before 8am* (2012) Hal Elrod *(You create your own reality, so get to it!!)*
- ★ *#GirlBoss* (2015) Sophia Amoruso *(What an Inspiration and I loved the TV Series)*
- ★ *How to Talk to Anyone: 92 Little Tricks for Big Success in Relationships* (2003) Leil Lowndes *(This was dense and I didn't finish it, great tips though!!)*
- ★ *Girl Code: Unlocking the Secrets to Success, Sanity, and Happiness for the Female Entrepreneur*, (2015) Cara Alwill Leybe (Read by Multiple)
- ★ *Think & Grow Rich* (1937) Napoleon Hill (dated but useful at a distance)
- ★ *Unshakeable*, (2017) Tony Robbins, (Read Peter Mallouk, 2 Chapters by Tony Robbins) *(I love this Man on So Many Levels)*
- ★ *The Ultimate Deepak Chopra Collection* (2014) Deepak Chopra, M.D.
- ★ *Your Brain On Love: The Neurobiology of Healthy Relationship* (2013) Stan Tatkin, PsyD, MFT
- ★ *The Couple Next Door* (2016) Shari Lapena (Read by Kirsten Potter) (Fun Read)
- ★ *The Woman in Cabin 10* (2016) Ruth Ware (Read by Imogen Church) (Fun Read)
- ★ *Bossypants* (2011) Tina Fey (Fun Read)
- ★ *Pussy: A Reclamation* (2016) Regena Thomashauer *(Still reviewing)*

The book list below is a reflection of my personal and professional journey to myself during the year of 2017. I encourage you to review the list and read, listen, or connect with any book that stands out to you. Have wonderful day, Namaste! Patsy Agpalza, LMSW Creator/Founder www.ItsHerstoryNow.com

Hard Copy Books

(You will catch me with multiple books in my luggage, carry-ons, a few in my purse, and just about anywhere I can fit a couple near me. I love to read books in hand, and I am definitely one of those people who underline, write in margins, and mark up the pages along my reading journey. (It will be ok guys, the books don't mind, they enjoy being used with Love, they actually quite enjoy it!))

Books for Self Discovery/Inspiration:

(I enjoyed all of these beauties on various levels, I am full of knowledge, love, gratitude and directions because of each piece. #attitudeofgratitude #alltheloveallthetime)

- ★ *The Four Agreements: A Practical Guide to Personal Freedom* (1997) Don Miguel Ruiz *(Simply Beautiful)*
- ★ *A Beautiful Life: Discovering the Freedom of Selfless Love* (2014) Kerry Clarensau *(Wonderful and Deserved)*
- ★ *A New Earth: Awakening to Your Life's Purpose* (2005) Eckhart Tolle *(Powerful, beautiful, earth shattering, enjoy!!!)*
- ★ *Sacred Wisdom: Tao Te Ching: 81 Verses* (2016) Lao Tzu with Introduction and Commentary *(I read this a few verses at a time and it was so powerful)*
- ★ *Alchemist* (1988) Paulo Coelho *(A Game Changer, an easy read for any level of change and its world renowned, get it now and enjoy!)*
- ★ *This Thing Called You* (2002) Ernest Holmes *(in progress and loving it!!)*
- ★ *Discover Your Genius* (2005) Gerald Sindell *(in progress and loving it!!)*
- ★ *The Universe Has Your Back: Transform Fear to Faith* (2016) Gabrielle Bernstein *(She has amazing YouTube videos and Wanderlust talks, check them out!!)*
- ★ *Palace of Desire: The Cairo Trilogy II* (2011) Naguib Mahfouz *(I love this man!)*
- ★ *Dreams of Departure* (2007) Naguib Mahfouz *(His dreams written down)*
- ★ *Reflections of a Nobel Laureate* (2001) Naguib Mahfouz
- ★ *The Toltec Art of Life and Death* (2015) Don Miquel Ruiz *(great man and storyteller)*
- ★ *The Secret Teaching Through All Ages* (1928) Manly P. Hall Book *(Dense)*
- ★ *Eat, Pray, Love: One Woman's Search for Everything*, Elizabeth Gilbert (Book & Movie) *(I want to go on this same journey and will soon)*
- ★ *Ask and You Shall Receive*, (2002) Mary-Anne Thomas
- ★ *The 7 Habits of Highly Effective People* (1989) Stephen R. Covey
- ★ *The 8th Habit* (2004) Stephen R. Covey
- ★ *First Things First* (1993) Stephen R. Covey
- ★ *Think & Grow Rich* (1937) Napoleon Hill *(dated but useful at a distance)*

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Law of Attraction Support Material:

(I highly recommend all of the books below with enthusiasm, Change your mind and change your life!! #youcreateyourownreality #bethechangeyouwanttoseeintheworld)

- ★ *The Power of Intention: Learning to Co-Create Your World, Your Way* (2004) Wayne Dyer (*I love Wayne Dearly, He is awesome via YouTube as well*)
- ★ *The Power of Now: A Guide to Spiritual Enlightenment*, (1997) Eckhart Tolle (*another amazing piece by Eckhart, He is changing the world daily with his work!*)
- ★ *Ask and It is Given: Learning to Manifest Your Desires* (2004) Esther and Jerry Hicks (*Abraham, Esther and Jerry are a part of my daily life through YouTube*)
- ★ *The Law of Attraction: The Basic Teaching of Abraham* (2006) Esther and Jerry Hicks (*Thank you so much for all you contribute and your love*)
- ★ *The Vortex: Where the Law of Attraction Assembles All Cooperative Relationships* (2009) Esther and Jerry Hicks (*Yummy, CoCreation at it's best. #alltheloveallthetime*)
- ★ *The Secret* (2006) Rhonda Byrne (Book, and Movie) (*I watch the movie on Netflix anytime I need a pick me up and to introduce newbies to the LOA, #attitudeofgratitude*)

Doula Support Material:

(The books below are on a required reading list for the Rocky Mountain Doula Training Program I will attend in January 2018, very excited, always learning, never bored!!

#youcreateyourownreality #attitudeofgratitude)

- ★ *The Birth Partner, Third Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions (Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, & Other Labor Companions)*, (2017) Penny Simkin
- ★ *Natural Hospital Birth: The Best of Both Worlds* (2011) Cynthia Gabriel
- ★ *The Natural Pregnancy Book, Third Edition: Your Complete Guide to a Safe, Organic Pregnancy and Childbirth with Herbs, Nutrition, and Other Holistic Choices* (2014) Avila Romm
- ★ *The Nursing Mother's Companion - 7th Edition: The Breastfeeding Book Mothers Trust, from Pregnancy through Weaning* (2015) Kathleen Huggins

Energy and Holistic Healing:

- ★ *The Essential Guide of Energy Healing: Harness the Power of Natural Healing Energy to Relieve Pain & Illness* (2012) Dr. Michael Andron & Ben Andron

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Al-Anon Books:

(I found serenity and peace and the ability to relate to others stories in the the rooms of Al-Anon, I found fast friends and space where I could talk about my concerns with the Addicts in my life and in my past. I learned what was holding me back in my relationships and I learned that the only actions I can control are that of my own.)

- ★ *Courage to Change: One Day at a Time in Al-Anon II.* (1992)
- ★ *One Day at a Time in Al-Anon, Al-Anon Group* (1968) (Blue Book)
- ★ *How Al-Anon Works for Families & Friends of Alcoholics* (1995) (Blue Book, Program Support)
- ★ *Al-Anon's Twelve Steps & Twelve Traditions I* (1981)
- ★ *Blueprint for Progress: Al-Anon's Fourth Step Inventory* (2004) (Program Support Material)

Adult Children of Alcoholics (ACA) Books:

(I found myself and the ability to forgive myself and let go in the rooms and meetings of ACA. I truly felt safe and loved, like never before, when I sat at this meetings. I found a home and a comfort in know I wasn't Insane, and I was able to heal my wounds and live a full life.I am forever grateful to what I learned in this community. I love you all dearly!)

- ★ *Adult Children: Alcoholic/Dysfunctional Families* (2006) (Big Red Book)
- ★ *Recovery: A Guide for Adult Children of Alcoholics,* (1987) Herbert L. Gravitz and Julie D. Bowden
- ★ *Adult Children of Alcoholics* (1983) Janet G. Woititz *(My Sister & I read this together while she was incarcerated and I was healing too)*
- ★ *A Time to Heal: The Road to Recovery for Adult Children of Alcoholics,* (1988) Timmen L. Cermak
- ★ *I Got Tired of Pretending: How An Adult Raised In An Alcoholic/Dysfunctional Family Finds Freedom,* (2016) Bob Earll (Not my favorite although Relevant Memoir)
- ★ *Adult Children: The Secret of Dysfunctional Families* (1988) John Friel & Linda Friel

Financial Support Guides: *These books help set my financial path to freedom*

- ★ *Boss Bitch* (2015) Nicole Lapin
- ★ *Rich Bitch* (2017) Nicole Lapin

(Nicole Lapin is a no-nonsense girl who is able to tell it like it is and in a way you can understand. Women are powerful and we must remember that. We have the ability to do anything & it's time we act that way.)

So get it together Bitches!!!

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★ *Unshakeable* (2017) Tony Robbins

(Tony Robbins Book is a guide for investing if you are interested in doing so.

His work as a life coach is what touches my heart the most. I had the best time of my life (to date) at his UPW: Unleash the Power Within Conference in the NYC Area in July 2017! Thanks Tony!! I can't wait to work with you to help change the lives of everyone we encounter. #alltheloveallthetime)