

## *Resources*

While sitting across from my clients, I find myself recommending certain resources again and again. These are tried and true gems that have personally transformed my life and the lives of countless others whom I have counseled. Here they are:

### **For Overcoming Self-Doubt**

[Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead](#)

by [Brené Brown](#)

[The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are](#)

by [Brené Brown](#)

[Managing Your Crazy Self!: Turning your Turbulence into Tranquility](#)

by [Randy Guttenberger](#)

### **For Relationships**

[Living Successfully with Screwed-Up People](#)

by [Elizabeth B. Brown](#)

[The Path Between Us: An Enneagram Journey to Healthy Relationships](#)

by [Suzanne Stabile](#)

[Boundaries Updated and Expanded Edition: When to Say Yes, How to Say No To Take Control of Your Life](#)

by [Henry Cloud](#), [John Townsend](#)

[Parenting Teens with Love and Logic: Preparing Adolescents for Responsible Adulthood](#)

by [Jim Fay](#) , [Foster Cline](#)

### **For Women**

[For the Love: Fighting for Grace in a World of Impossible Standards](#)

by [Jen Hatmaker](#)

[Girl, Stop Apologizing: A Shame-Free Plan for Embracing and Achieving Your Goals](#)

by [Rachel Hollis](#)