

# TOP POSITIVE PODCASTS



## BOOKS TO EMPOWER

I am that girl by Alexis Jones

You are a bad ass by Jen Sincero

Girl Code by Cara Alwill Leyba

Year of Yes by Shonda Rhimes

Big Magic: Creative Living Beyond Fear By Elizabeth Gilbert

The Gifts of Imperfection by Brené Brown

Self-Compassion by Kristin Neff

