Recommended Reading List

I love to learn and expand my mind, so it's only natural that I love to read as well.

I used to read articles about wealthy and successful people and one thing that always stuck out was that they were avid readers and learners. I remember thinking to myself, "how do they have time to read?" I've realized that we only have time for what we make a priority, and reading is one of the biggest tools that has shifted my life, so I recommend making it a priority.

I personally love to listen to books more than I enjoy sitting down and reading. I like to listen while I'm getting ready in the morning to start my day off right, while I'm going for a walk or maybe cooking dinner. Reading is something that I do in 10 to 40 minute chunks for the most part rather than sitting down and spending a day reading a book. Probably because at this point I use reading more as a tune up to keep me on track rather than to totally shift my mindset, which is what I needed in the beginning.

When I started out I was reading hours a day, and even now, if I need confidence to move forward or take a big leap to the next level in my finances, then I'll turn on one of my favorite wealth consciousness books or an Abraham Hicks audio and listen until I feel differently about the situation.

No matter where you are, never stop learning, expanding and reading.

If you're just starting out with shifting your money mindset or you're looking to make some big changes in your business or life, I'd recommend 1-2 hours of reading or listening to wealth consciousness material a day.

If you're feeling awesome about your business and your life, love how everything's going and want to keep the momentum up, then I'd focus on listening to about 30 minutes a day.

Set a strong intention for what you desire and know that what you seek, is seeking you.

Enjoy!

Jessica

Recommended Reading and Resources

Infinite Possibilities: The Art of Living Your Dreams
Mike Dooley
I'm a trained teacher of this book and the material. I love this material, it's a life changer and it's presented in a fun playful way that's always my style.

Manifesting Change
Mike Dooley

Leveraging the Universe: 7 Steps to Engaging Life's Magic
Mike Dooley

Abraham Hicks Material
Esther and Jerry Hicks
I've never read an Esther and Jerry Hicks book before, I wasn't even drawn to these teaching until summer of 2015. But, since then I've listened to probably 100 hours of Abraham Hicks material from YouTube, it's one of my favorite things to do to shift my frequency and how I feel. If you're feeling stuck about money, look up Abraham Hicks on Money on YouTube and you'll find hours of material to help you shift out of that. And as I type this I'm downloading two of Esther Hicks books to continue my journey with this work.

Get Rich, Lucky Bitch:
Release Your Money Blocks and Live a First Class Life
Denise Duffield-Thomas
Fun, playful book focused on shifting your relationship with money and has some great action steps to start feeling wealthier asap.

The Science of Getting Rich
Wallace D. Wattles
I listened to this book at least 9 times through at the beginning of my business to shift my relationship with money and how much I was earning.

Loving What Is: Four Questions That Can Change Your Life
Byron Katie

I prefer this as an audio book so you can listen to Byron Katie working with clients

Overcoming Underearning: A Simple Guide to a Richer Life
Barbara Stanny
I honestly haven't read this book yet but it's downloaded and ready for me to begin soon!

How Rich People Think
Steve Siebold
I've read parts of this book and the principles seem spot on to my beliefs and experience of money.

The Game of Life and How to Play It
Florence Shovel Shinn

Big Magic
Elizabeth Gilbert
I love Elizabeth Gilbert and how she takes her work seriously but never herself. This is a great book if you need support living a more creative life.

Rich Dad, Poor Dad
Robert Kiyosaki
Classic book and fun story to help shift your relationship with money and wealth.

Spirit Junkie
Gabrielle Bernstein

The Big Leap
Gay Hendricks
Amazing book for identifying how you're holding yourself by back by creating upper limits and how to release these so you can break through to an even bigger life.

The Soul of Money
Lynne Twist

Just started reading this book and enjoying the focus on a soulful relationship with money and earning to feel abundant in your life, no matter what that amount is as it often varies between different people.

Think and Grow Rich
Napoleon Hill

Secrets of the Millionaire Mind
T. Harv Eker
I haven't read this one yet but it's in my library.

The Desire Map
Danielle Laporte

Awaken the Giant Within
Tony Robbins

Conscious Language: The Logos of Now
Robert Tennyson Stevens
An incredibly powerful book if you're unaware of how your language literally creates your life, this book and the practices it recommends are a game changer in creating your own experience.

The Four Agreements
Don Miguel Ruiz
This book is a classic and one my mom gave to me at a young age, it is a MUST read and will literally transform every area of your life.

The Mastery of Love
Don Miguel Ruiz
Another book I was given at a young age that I'm sure has played a big part in the joyful relationships I've got to experience in life.

The Alchemist
Paulo Coelho
I love this book, it's short, a great story and has some amazing lessons that still serve me on a regular basis.

Conversations with God
Neale Donald Walsch
It's been a long time since I've read this one but I remember riding around with my mom as a kid and listening to this audio book in the car and I have no doubt that being introduced to material like this from a young age played a big part in shaping my life.

The 4-Hour Work Week
Tim Ferriss
Some of the marketing material in this book is outdated, but the intention and life recommendations will never go out of style. Definitely a great read to get your creative business juices flowing.

The Tapping Solution
Nick Ortner
If you're feeling stuck and meditation, visualization and affirmations just aren't doing it for you, then definitely try out tapping (EFT) to help break through limiting beliefs and blocks.