

Mind
Over *Muffin*
by Leanne Lisbon

READING --- LIST

Suggested Reading

Well hello lovely over the next 12 weeks I really want you to maximise on every opportunity to learn, grow and evolve.

I know absorbing as much knowledge as I can about the mind has been amazing for me and so over the course of the program I encourage you to get stuck into this reading list and to surround yourself with mindset work and further learning.

Here are a few suggestions of fantastic books to read alongside the program and into the future. Once you begin working on and learning about your mind you will want to continue forever!!

These books are some of my favourites, most of them are available on audio as well which I find is a great way to pass the time in the car or to have on in the house.

My Favourites

You Are A Badass. By Jan Sincero

The Universe Has Your Back. Gabrielle Bernstein

The Big Leap. Gay Hendricks

The Goddess Revolution. Mell Wells

Make Peace With Your Plate. Jess Ainscough

Breaking The Habit Of Being Yourself. Dr. Joe Dispenza (with guided meditation which is amazing)

Spirit Junkie. Gabrielle Bernstein

May Cause Miracles. Gabrielle Bernstein

Big Magic. Elizabeth Gilbert

Nlp, Quantum Physics, Mindset

NLP & Health. Joseph O'Connor and Ian McDermott

Change Your Life In 7 Days. Paul McKenna

Frequency, The Power Of Personal Vibration. Penney Peirce

The Biology Of Belief. Bruce H Lipton.

The Gifts Of Imperfection. Brene Brown

Money Mindset Books

And because I know it's a super hot topic and because it's also a mindset, here's some amazing money books to read that will turn your money story around.

Rich Dad Poor Dad. Robert T. Kiyosaki

Money A Love Story. Kate Northrup

Think And Grow Rich. Napoleon Hill

The Science Of Getting Rich. Wallace D Wattles

How Rich People Think. Steve Seibold

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“Peace is the
result of retraining
your mind to process
life as it is, instead of
how you think it
should be.

Dr. Wayne W Dyer.

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