



## *Book Recommendations*

Below is a list of books catered to caregivers and those undergoing a spiritual journey. These books are not about care-giving, instead, they are books that can help you find out a bit more about *you*, the caregiver.

### Light is the New Black: A Guide to Answering Your Soul's Callings and Working Your Light

By: Rebecca Campbell

### Meditations from the Mat: Daily Reflections on the Path of Yoga

By: Rolf Gates

### Journey to the Heart: Daily Meditations on the Path to Freeing Your Soul

By: Melody Beattie

### Big Magic: Creative Living Beyond Fear

By: Elizabeth Gilbert

### Untamed

By: Glennon Doyle

### The Miracle of Mindfulness: An Introduction to the Practice of Meditation

By: Thich Nhat Hanh