



Born of Ashes Book and Video List

This is an extensive list of books and videos that have greatly helped me on my journey. I have either personally read or listened to all these resources and have been able to integrate pieces of them into my life along the way. Many of them I still refer to or read again to find more knowledge. For more information on the work we do with clients, go to <https://www.bornofashes.org> or follow us on Instagram or Facebook [@bornofashes.boa](#)

Personal Growth and Development

Mental and Emotional Release by Dr. Matt James

Integrate the Shadow, Master Your Path By Dr. Matt James

The Slight Edge by Jeff Olson

Mirror Work by Louise Hay

The Three Questions by Don Miguel Ruiz

How to Be an Adult by David Richo

The Four Agreements by Don Miguel Ruiz

The Power of Now by Eckhart Tolle

The Alchemist by Paulo Coelho

Find Your Purpose, Master Your Path by Dr. Matt James

Atomic Habits by James Clear

Ho'oponopono by Dr. Matt James



The Biology of Belief by Bruce H. Lipton
The Holographic Universe by Michael Talbot
The Big Leap by Gay Hendricks
The War of Art by Steen Pressfield
Tribe by Sebastian Junger
Emotional Intelligence by Daniel Goleman
The Rise of Superman by Steven Kotler
Stealing Fire by Steven Kotler, Jamie Wheal
Recapture the Rapture by Jamie Wheal
Flow by Mihaly Csikszentmihalyi
David and Goliath by Malcolm Gladwell
Her by Pierre Alex Jeanty

Spirituality

Becoming Supernatural by Joe Dispenza
The Nature of Personal Reality By Jane Roberts
The Foundations of Huna by Dr. Matt James
Memories. Dreams. Reflections by Carl Jung
The Untethered Soul by Michael A. Singer
Genuine Happiness by Alan Wallace
Journey of Souls by Michael Newton
The Vortex by Esther Hicks
The Law of Attraction by Esther Hicks



Sacred Contract by Caroline Myss

Archetypes by Caroline Myss

The Bhagavad Gita by Eknath Easwaran

The Disappearance of the Universe by Gary R. Renard

Anatomy of the Spirit by Caroline Myss

Energy Strands by Denise Linn

The Power of Intention by Dr. Wayne W. Dyer

Through Time into Healing by Brian L. Weiss

Rumi The Big Red Book the Collected Translations of Coleman Barks

The Book of Awakening by Mark Nepo

Family

It Didn't Start With You by Mark Wolynn

Crucial Conversations by Kerry Patterson

Physical Health

The Body Keeps the Score by Bessel A. Van Der Kolk

The Divided Mind by John E. Sarno

The Healing Questions Guide by Wendi Jense

Heal Your Body by Louise L. Hay

Deep Nutrition by Catherine Shanahan

Anticancer by David Servan-Schreiber

The Bulletproof Diet by Dave Asprey



Head Strong by Dave Asprey

Becoming a Supple Leopard by Dr. Kelly Starrett

Ready to Run by Kelly Starrett

Eat Right 4 Your Type by Dr. Peter J. D'Adamo

The Food Babe Way by Dr. Mark Hyman and Vani Hari

Core Performance Women by Mark Verstegen & Peter Williams

Relationship

Eight Dates by John and Julie Gottman

The 5 Love Languages by Gary Chapman

The Honeymoon Effect by Bruce H. Lipton

Mating in Captivity by Esther Perel

Conscious Uncoupling by Katherine Woodward Thomas

Career

How to Write Copy That Sells by Ray Edwards

The New Rules of Marketing and PR by David Meerman Scott

The Five Dysfunctions of a Team by Patrick Lencioni

Differentiate or Die by Jack Trout, Steve Rivkin

Selling the Invisible by Harry Beckwith

Lean In by Sheryl Sandberg

The Mission, the Men, and Me by Pete Blader

Unshakeable by Tony Robbins



Money: Master the Game by Tony Robbins

The Personal MBA by Josh Kaufman

The Little Book of Common Sense Investing by John C. Bogle

Alternative

How to Change Your Mind by Michael Pollen

The Fellowship of the River by Joseph Tafur

The Cosmic Serpent by Jeremy Narby

Gaia Network Shows

<https://www.gaia.com>

Rewired with Dr. Joe Dispenza

Transcendence

Sound of Creation

Initiation with Matias de Stefano

Yoga Every Day

Psychedelica

Heal

