



Lauren's Spiritual Reading Guide on Your Pathway to Vitality

The following is a list of books that have helped me the most on my spiritual path. They are listed alphabetically by category, with my favorites at the top of each category. The authors of these books have been some of my greatest spiritual teachers, despite having never met any of them. Never underestimate the power of a good spiritual book!

When it comes to any spiritual teachings you read (whether it be mine or someone else's)...take what resonates with you and leave the rest. Remember, you are always your own authority and no one knows what beliefs work for you better than you do. If it feels good, keep it...if it doesn't, leave it!

Where should you start? One of my favorite spiritual books that covers a lot of ground is "Living with Joy" by Sanaya Roman. I have recommend it to so many people and time and time again I'm thanked for the life-changing recommendation. In my opinion, it's a great start to your spiritual path.

I hope you enjoy this list...please feel free to e-mail me at coach@laurenwardell.com with your favorite spiritual books. I'm definitely open to adding more books to this list upon review. For your convenience, I have hyperlinked the books to where you can find them in my affiliate store on Amazon.

To Your Life Of Vitality,

Lauren Wardell



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My Personal Favorite List - feel free to get started here :)

- Living With Joy by Sanaya Roman
- Relax, You're Already Perfect: 10 Spiritual Lessons to Remember by Bruce Schneider
- E-Squared: Nine Do-It-Yourself Energy Experiments That Prove Your Thoughts Create Your Reality by Pam Grout
- The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss by Marc David
- The Astonishing Power of Emotions: Let Your Feelings Be Your Guide by Jerry & Esther Hicks
- Personal Power Through Awareness: A Guidebook For Sensitive People by Sanaya Roman
- How To Hear Your Angels by Doreen Virtue
- You Can Heal Your Life by Louise Hay

Assertiveness

- The Dance of Anger: A Woman's Guide To Changing The Patterns of Intimate Relationships by Harriet Lerner, Ph.D.
- Assertiveness for Earth Angels: How to Be Loving Instead of "Too Nice" by Doreen Virtue

Communicating With Your Divine Support System/Channeling

- How To Hear Your Angels by Doreen Virtue
- Opening to Channel: How to Connect With Your Guide by Sanaya Roman
- Ask Your Guides by Sonia Choquette
- Angel Numbers: The Meaning of 111, 123, 444, and Other Number Sequences by Doreen Virtue



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Chakras

- Energy Anatomy: The Science of Personal Power, Spirituality, and Health by Caroline Myss
- Chakra Clearing: Awakening Your Spiritual Power to Know and Heal by Doreen Virtue

Detoxing

- Angel Detox: Taking Your Life to a Higher Level Through Releasing Emotional, Physical, and Energetic Toxins by Doreen Virtue
- Quantum Wellness: A Practical Guide To Health & Happiness
- Quantum Wellness Cleanse: The 21-Day Essential Guide to Healing Your Body, Mind, and Spirit
- Eating in the Light: Making the Switch to Veganism on Your Spiritual Path by Doreen Virtue

Energetic Protection For Sensitive People

- Personal Power Through Awareness: A Guidebook For Sensitive People by Sanaya Roman
- Self-Care For The Self-Aware: A Guide For Highly Sensitive People, Empaths, Intuitives, and Healers by Dave Markowitz
- The HeartMath Solution by Doc Lew Childre & Howard Martin

Goal Setting

- I'd Change My Life If I Had More Time: A Practical Guide to Making Dreams Come True by Doreen Virtue
- This Year I Will...: How to Finally Change a Habit, Keep a Resolution, or Make a Dream Come True by MJ Ryan
- Change Anything: The New Science of Personal Success
- The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play by Neil Fiore



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Goal Setting - Continued

- The Desire Map: A Guide to Creating Goals with Soul by Danielle LaPorte
- The Power of Less: The Fine Art of Limiting Yourself to the Essential...in Business and in Life by Leo Babauta

Manifesting - General

- E-Squared: Nine Do-It-Yourself Energy Experiments That Prove Your Thoughts Create Your Reality by Pam Grout
- The Vortex: Where the Law of Attraction Assembles All Cooperative Relationships by Esther & Jerry Hicks
- E-Cubed: Nine More Energy Experiments That Prove Manifesting Magic and Miracles Is Your Full-Time Gig by Pam Grout
- The Manifestation Wheel: A Practical Process for Creating Miracles by Alan Seale
- The Amazing Power of Deliberate Intent: Living the Art of Allowing by Esther & Jerry Hicks
- Ask & It Is Given: Learning To Manifest Your Desires by Esther & Jerry Hicks
- The Law of Attraction: The Basics of the Teachings of Abraham by Esther & Jerry Hicks

Manifesting - Money

- Creating Money: Attracting Abundance by Sanaya Roman
- Money, and the Law of Attraction: Learning to Attract Wealth, Health, and Happiness by Esther & Jerry Hicks
- Tapping Into Wealth: How Emotional Freedom Techniques (EFT) Can Help You Clear the Path to Making More Money by Margaret M. Lynch
- The Law of Divine Compensation: On Work, Money, and Miracles by Marianne Williamson



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Motivational

- The Fire Starter Sessions: A Soulful + Practical Guide to Creating Success On Your Own Terms by Danielle LaPorte
- Unlimited: A Three-Step Plan for Achieving Your Dreams by Jillian Michaels
- Energy Leadership: Transforming Your Workplace and Your Life from the Core by Bruce Schneider

Presence

- The Presence Process: A Journey Into Present Moment Awareness by Michael Brown
- Silent: The Power of Silence by Gregory Malouf

Running A Spiritual Business

- The Angel Therapy Handbook by Doreen Virtue
- Attracting Perfect Customers: The Power of Strategic Synchronicity by Stacey Hall & Jan Brogniez
- 10 Minute Money Makers: How to Easily Double Your Profits In Just 10 Minutes A Day by Jeanna Gabellini

Self-Love

- You Can Heal Your Life by Louise Hay
- Relax, You're Already Perfect by Bruce Schneider
- Soul Love: Awakening Your Heart Centers by Sanaya Roman
- The Soul Mate Experience: A Practical Guide To Creating Extraordinary Relationships by Mali Apple & Joe Dunn
- Pathways to Love: 28 Days to Self-Love
- Overcoming Perfectionism: Finding the Key to Balance and Self-Acceptance by Ann Smith



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Self-Love - Continued

- The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are by Brené Brown
- Taming Your Gremlin: A Surprisingly Simple Method for Getting Out of Your Own Way by Rick Carson
- The Art of Extreme Self-Care: Transform Your Life One Month at a Time by Cheryl Richardson

Spirituality - General

- Living With Joy by Sanaya Roman
- Spiritual Growth: Being Your Higher Self by Sanaya Roman
- Add More ~Ing To Your Life: A Hip Guide to Happiness by Gabby Bernstein
- Daily Love: Growing Into Grace by Mastin Kipp

Tapping/EFT

- The Tapping Solution: A Revolutionary System for Stress-Free Living by Nick Ortner
- The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More by Jessica Ortner
- Tapping Into Wealth: How Emotional Freedom Techniques (EFT) Can Help You Clear the Path to Making More Money by Margaret M. Lynch

Weight Loss

- Losing Your First 10 Pounds by Lauren Wardell ;)
- The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss by Marc David
- Constant Craving: What Your Food Cravings Mean and How to Overcome Them by Doreen Virtue



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Weight Loss - Continued

- Weight Loss For People Who Feel Too Much: A 4-Step Plan to Finally Lose the Weight, Manage Emotional Eating, and Find Your Fabulous Self by Collette Baron-Reid
- Nourishing Wisdom: A Mind-Body Approach to Nutrition & Wellbeing by Marc David
- The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More by Jessica Ortner
- Jumpstart Your Metabolism: How to Lose Weight By Changing the Way You Breathe by Pam Grout
- Losing Your Pounds of Pain by Doreen Virtue
- The Yo-Yo Diet Syndrome: How to Heal and Stabilize Your Appetite and Weight by Doreen Virtue
- Why Weight?: A Guide To Ending Compulsive Eating by Geneen Roth

Working With Your Divine Support System To Heal Yourself & Others

- Archangels & Ascended Masters by Doreen Virtue
- MAP: Medical Assistance Program by Machaelle Small Wright