Whole Self Health Book Recommendations

I created this list along with my personal commentary to give you a description of the book. These books have personally been instrumental in the development of my Whole Self-understanding. Enjoy!

Love, Kori Rae

**Emotional Self – These books were most meaningful in developing and healing my emotional self. Top authors include Brené Brown and Bethany Webster!**

Atlas of the Heart: Mapping Meaningful Connection and Language of Human Experience by Brené Brown – If you have never read or heard of Brené Brown, now’s the time to discover this amazing human being. She has made it her life’s work to study emotions, human connection, and the power of vulnerability. In this book, she lays out vocabulary to our complex emotions, which gives us the language to communicate effectively with ourselves and others. I have every other book of hers on my to-read list. Also, check out her TED Talk on YouTube… just search Brené Brown Shame TED talk.

The Body Keeps Score by Bessel A. van der Kolk – although it talks about the body in the title, this book is all about emotional trauma and how it continues to affect us long after the initial situation. Lots of heavy stories about war and sexual trauma, but I believe this is an important book to understand how trauma keeps us from living our best lives if it is not worked through.

Discovering the Inner Mother by Bethany Webster – Hold on to your Knickers, Kids! This book packs a PUNCH right in the Mother-Lover! If you are interested in healing/building awareness around the Mother Wound from both a personal and societal level, get this book. There are fantastic journal prompts included in both the print and audio versions… do not pass those up!

Existential Kink: Unmask Your Shadow and Embrace Your Power; A Method for Getting What You Want by Getting Off on What You Don’t by Carolyn Elliott PhD – An approach to shadow work based on the concepts by Carl Jung using a “kink/BDSM” analogy (no, this isn’t a kink how-to book!) Carolyn is fresh, witty, frank, and her methods are unconventional and effective!

Heart Minded: How to Hold Yourselves and Others in Love by Sarah Blondin – an absolutely tender, exquisite book by one of Insight Timer’s best teachers. Her gentle, loving approach to healing wounds and self-acceptance has been transformational for me. Highly recommend this on audiobook, as there are meditations inside, and her voice is positively soothing and genuine.

**Spiritual and Creative Self – Books I love that have helped me tremendously on my spiritual journey. Since I believe creativity is spirit expressed through us, I’ve included those books in this section as well.**

The Altar Within by Juliet Diaz – A look at spirituality through a de-colonization lens… Juliet is fierce in her passion for coming back to our Inner Guidance and shedding beliefs that no longer serve humanity and the planet.

A New Earth by Eckhart Tolle – Ok, if you have never read The Power of Now… read that one first! But this was such a powerful look at how we can make changes in our own lives to create ripple effects in the lives of those around us. Eckhart is pure gold.

Big Magic: Creative Living Beyond Fear by Elizabeth Gilbert – This author (who wrote Eat, Pray, Love) is such a pivotal woman in my sacred feminine journey… she literally was the start of it all for me back in 2010. In this book, she personifies Ideas and through her delightful playfulness, encourages us to befriend our Big Ideas and bring them to life. A great book to awaken creativity and to see that we aren’t alone when we experience fear.

The Complete Conversations with God: An Uncommon Dialogue by Neale Donald Walsch – The FIRST BOOK I read on my spiritual journey, and one I come back to again and again every year since. There are SO MANY beautiful insights to life, love, purpose, science, and the human condition in this book. A long read if you get the trilogy… but TOTALLY worth the time.

The Universe Has Your Back by Gabrielle Bernstein – A great book for those beginning their spiritual journey! Gabby is refreshing and very relatable in her story telling. She has many other books too, check them out!

The Vortex by Esther and Jerry Hicks – If you’ve never heard the channeled teachings of Abraham (not the biblical dude, but rather a collective consciousness that refers to themselves as Abraham), then you should go look them up! This particular book is about relationships and a pretty great read! Look up Esther Hicks or Abraham Hicks on YouTube and you’ll find some great stuff!

**Special Spiritual Sub-Section: The Divine Feminine – I broke this into a sub-section because these books are specifically addressing the Divine Feminine. Highly recommend these books if you are looking for stronger connection to Goddess Consciousness and the Divine Feminine rising.**

Feminine Genuis by LiYana Silver – Part memoir, part coaching, LiYana really digs into the experiences as a DF vessel in today’s world. She walks you through her Dark Night of the Soul and how walking through it can transform us all.

The Magdalen Manuscript: The Alchemies of Horus & The Sex Magic of Isis by Tom Kenyon and Judi Sion – a channeled book describing the alchemy of sex magic that was used by Mary Magdalene and Yeshua ben Joseph. There is also an in-depth analysis of ancient Egyptian High Alchemy, examining Isis temples and practices. If this type of knowledge interests you, check it out!

Mary Magdalene Revealed: The First Apostle, Her Feminist Gospel & the Christianity We Haven’t Tried Yet by Meggan Watterson – For me, diving into the world of Mary Magdalene was like coming home to truths I had known in my soul/body since I was a child growing up in a very strict, hellfire and brimstone church. I use Meggan’s Divine Feminine Oracle deck on a regular basis, and I find learning about these women of mythology and history have deepened my own inner knowings.

The Passion of Mary Magdalen: a Novel by Elizabeth Cunningham – This is the first installment in the Mauve Chronicles… and although they are fictional, I found there were some PROFOUND resonating truths in there for me. This is a tale of Mauve, who later would be known as Mary Magdalene, and her life as a child living on a Celtic isle born to eight weather witches. If you’d like to dive into a world where the gospel of Jesus is told from Mary’s perspective, this is a great series to check out. Also very fun on audiobook… Mauve is SPICY!

Reveal: A Sacred Manual for Getting Spiritually Naked by Meggan Watterson – as a Harvard-trained theologian, Meggan saw the landscape of the church and realized that women were missing from the world’s primary religions. She set out on a personal journey to find the divine feminine and discovered that it was within her all along. Definitely a breadcrumb book for me that led to many others along my divine feminine/menstrual cycle journey.

Rise Sister Rise by Rebecca Campbell – Let’s just say this Soul Sister from across the pond in Glastonbury has been the voice that woke up the stirrings of my soul. This book is about the call of She and how we as women wake each other up to the profound mysteries hidden beneath. A book I frequently buy and give away to the women I meet in my life. Not necessarily about menstruation, but certainly walks along side as the Divine Feminine energy in us all. If you love this book, check out her pseudo-memoir in Light is the New Black and her latest book Letters to a Starseed. Her oracle decks have been INSTRUMENTAL to my intuitive development, especially the Rose Oracle.

Tara: The Liberating Power of the Female Buddha by Rachel Wooten PhD – A journey to discover the 21 aspects of the Tibetan goddess Tara and how she can help you in your everyday life. Full of meditations, vivid descriptions, and personal accounts of Rachel’s professional journey as a psychologist.

The Wild Woman’s Way by Michaela Boehm – a book of re-wilding the feminine force within us all, Michaela explores her journey to unlock the wisdom of the Wild Woman archetype. Features rituals and exercises to help your personal exploration adventure.

Women Who Run with the Wolves: Myths and Stories of the Wild Woman Archetype by Clarissa Pinkola Estés, Ph. D. – This is one of those books that every woman would benefit from having on her shelf. Dr. Estés is sublimely eloquent with her words, and takes the reader on a journey through our own mythology to peel back the layers of the feminine. I get something different from it every time I pick it up.

The Woman’s Dictionary of Symbols and Sacred Objects by Barbara G. Walker – If you like learning history and ancient symbolism, and want a more feminine approach to this topic, this is a great resource to have on your shelf. This is a dictionary rather than a reading book, FYI.

The Venus Path: Initiation By the Goddess of Love by Maya Luna – This is a FREE e-book developed by the founder of the Deep Feminine Mystery School… her deeply embodied approach to the feminine is delicious, sensual, and touches parts of me I didn’t even know were there. You can hear her spoken word on Spotify, and I encourage you to check out her website and The Tea Room where she has some other free resources (I’m particularly fond of her Sacred Prostitute series) at @thevenuspath on IG… follow her link there in her bio to get to The Tea Room.

You Are a Goddess: Working with the Sacred Feminine to Awaken, Heal and Transform by Sophie Bashford – A gem of a book that takes you on a meditative journey through the inner sanctuary and introduces you to the energy of many goddesses… including Kali, Lilith, Mary Magdalene, Mother Mary, and others. These are one of those books that you would pick up again and again… spiraling through the wisdom you discover inside when communing with these goddess archetypes.

**Physical, Sexual, and Menstrual Self – These are just some of the books I recommend for knowing your menstrual cycle, awakening and strengthening your sexual self, and taking care of your physical health. I have many more recommendations for specific challenges like PCOS and infertility, so send me a message if you would like those!**

Code Red: Know Your Flow, Unlock your Monthly Superpowers, and Create a Bloody Amazing Life. Period. By Lisa Lister – What a glorious human being Lisa Lister is! Code Red is an easy-to-understand approach to your menstrual cycle, giving you lots of ideas how to live a more cyclical life. I’ve also read Love Your Lady Landscape and Self-Source-ery and Witch is on my list… seriously, this woman is a radiant beam of light shining in the darkest places of the woman collective! Her wit, candor, and desire to help women shine is refreshing and inspirational.

Cycles Journal created by Rachel Amber – This is my GO-TO annual tracker for all things menstrual. I love how it emphasizes tracking your energy, spiritual connection, physical sensations, and self-care. It also includes many educational sections from several teachers in the Womb space to help you along your journey. Receive 10% off your entire order by using the code KORIRAEWELLNESS at <https://cyclesjournal.com/?ref=Koriraewellness>

The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility by Lisa Hendrickson-Jack – Absolutely a must read for women and menstruators alike! As a fertility awareness method educator, Lisa speaks directly about the effects of hormonal birth control on our bodies and how the cycle is more than just a way for us to reproduce… it is a window into our health!

Pussy: A Reclamation by Regena Thomashauer – a delightful and frank discussion about taking back the power of our pussies, and how developing a healthy relationship with the physical vulva and the energetic feminine essence can be transformational. Regena aka “Mama Gena” is the spicy and delightful founder of the School for Womanly Arts located in NYC.

Radical Wholeness by Philip Shepherd – a truly groundbreaking book on living experientially through the body (namely the pelvic bowl) rather than from the head. Philip uses concepts from neuroscience, anthropology, physics, art, and mythology to express the experience of Wholeness.

Self-Care by the Moon by Valerie Tejeda – This was a free book on audible through their membership, and I LOVED IT! So many great practical ways to care for your body, mind, and soul throughout the moon cycle. It very easily can be translated into your menstrual cycle as well!

The Sexual Practices of Quodoushka: Teachings from the Nagual Tradition by Amara Charles – a book based off the sacred Central American teachings held by the Twisted Hair Nagual Elders of the Sweet Medicine Sundance Path. Many great insights on sex, intimacy, and relationships. One of my favorite parts of this book was the description of the genital anatomy of men and women, and how their physical traits also presented in personality, compatibility, and intimacy styles. Quite fascinating!

Wild Feminine: Finding Power, Spirit & Joy in the Female Body by Tami Lynn Kent – a great how-to book full of exercises to reconnect us to our pelvic bowl and source of our feminine essence. The author is a physical therapist who specializes in pelvic floor therapy. Haven’t got too far in this book yet, but what I’ve read so far is great!

Wild Power: Discover the Magic of Your Menstrual Cycle and Awaken the Feminine Path to Power by Alexandra Pope and Sjanie Hugo Wurlitzer – If there was only one book you could read from this list, it’s THIS ONE. A gem of insights into the nature of our cycles, and an in-depth look at how to turn our menstrual cycles from something that happens to us into a living, breathing companion for our whole lives. Truly a remarkable book, and one that has been life-changing for me.

Womb Awakening: Initiatory Wisdom from the Creatrix of All Life by Azra Bertrand, MD and Seren Bertrand – The best way to describe this book is straight from the back cover, “Revealing how we must reconnect with the Divine Feminine to rebirth the Divine Masculine and restore balance to our world…” This book does that and so much more. Symbology, mythology, archetypal characters, DF/DM twin flame union, womb medicine and rituals…. So much rich information. This is almost like a womb textbook, but way more interesting!

**Mental Self – These are books and resources on mindset, paradigms, and how to shift your thinking to live a fuller, more prosperous life!**

Change Your Paradigm, Change Your Life by Bob Proctor – Ok, this man has changed my life in so many ways, I can’t even express! Bob is an expert in helping others change their way of thinking to accomplish their goals, and his principles can be applied to any aspect of your life where you want to grow and make changes. This book is really great as an audio, because it is an interview style book. I also recommend his book Born Rich. You can also see some great content from him on YouTube, including his seminar “You Were Born Rich” from the 1980s that was STELLAR!

Greenlights by Mathhew McConaughey – This is Matthew’s memoir and wow does it pack a punch! He is so relatable in his life, and his determination throughout his acting career is inspirational!

Think Like a Monk by Jay Shetty – I love this guy! A flunked Monk turned motivational speaker, Jay is a breath of fresh air! He compiles some of his greatest lessons here in this book, with great practical exercises to boot!

Three Feet from Gold by Sharon L Lechter and Greg Reid – a fresh take on Napoleon Hill’s Think and Grow Rich (which is HIGHLY recommended as well), this book is full of insights to reframe your thinking about yourself so you can live a more purpose filled and successful life.

Earl Nightingale – look this guy up on YouTube. Earl was one of the pioneers of personal development, and he has some great insights into attitude, goals, and how to be successful at life.

GrowthDay – While not a book, but an app/tracker that mega-life coach Brendon Burchard created, it is the biggest bang-for-your-buck mindset training and life tracker you will find! You get a daily boost talk from Brendon that will light your soul on fire! Check it out here: <https://www.growthday.com/?via=koriraewellness>

**Other books I’ve not read yet but have been recommended and/or are on my list!**

Woman: An Intimate Geography by Natalie Angier

High Performance Habits by Brendon Burchard

The Motivation Manifesto by Brendon Burchard

Period Power: Harness your Hormones and Get Your Cycle Working for You by Maisie Hill

Period Repair Manual: Natural Treatment for Better Hormones and Better Periods by Lara Briden ND

WomanCode: Perfect your Cycle, Amplify Your Fertility, Supercharge your Sex Drive, and Become a Power Source by Alisa Vitti, HHC

In the Flo: Unlock Your Hormonal Advantage and Revolutionize Your Life by Alisa Vitti

Wise Power: Discover the Liberating Power of Menopause to Awaken Authority, Purpose and Belonging by Alexandra Pope and Sjanie Hugo Wurlitzer