



FAVOURITE READS

just a few that have inspired me

ON LIFE AND DEATH

- **BEING MORTAL**

Atul Gawande

- **THE FIVE INVITATIONS**

Frank Ostaseki

- **WHEN BREATH BECOMES AIR**

Paul Kalanithi

- **BEING WITH DYING**

Joan Haliax

- **STANDING AT THE EDGE**

Joan Halifx

- **TUESDAYS WITH MORRIE**

Mitch Albom

- **THE PLACES THAT SCARE YOU**

Pema Chodron

- **WHEN THINGS FALL APART**

Pema Chodron

- **ON THE BRINK OF EVERYTHING**

Parker Palmer

- **LOVING WHAT IS**

Byron Katie

- **IT'S OK THAT YOUR NOT OK**

Megine Devine

- **KITCHEN TABLE WISDOM**

Rachel Naomi Remen

- **REAL LOVE**

Sharon Salzberg

- **REAL HAPPINESS**

Sharon Salzberg

TEN POEMS FOR DIFFICULT TIMES

fRoger Housden