

Laura Lee's Recommendations
* Book Reading List *

Creativity & Fear

1. **Big Magic:** Creative Living Beyond Fear by Elizabeth Gilbert
2. **Art & Fear:** Observations On the Perils (and Rewards) of Artmaking by David Bayles and Ted Orland

Mental Presence

3. **No Mud, No Lotus:** The Art of Transforming Suffering by Thich Nhat Hanh
4. *****The Miracle of Mindfulness:** An Introduction to the Practice of Meditation by Thich Nhat Hanh

Mental Liberation

5. *****The Four Agreements:** A Practical Guide to Personal Freedom by Don Migeul Ruiz & Janet Mills
6. **Choice Theory:** A New Psychology of Personal Freedom by William Glasser
7. **The Trance of Scarcity:** Stop Holding Your Breath and Start Living Your Life by Victoria Castle

Femininity & Strength

8. *****The Art of Asking:** How I Learned to Stop Worrying and Let People Help by Amanda Palmer
9. **Women Who Run with the Wolves:** Myths and Stories of the Wild Woman Archetype by Clarissa Pinkola Estés

Dealing with Common Artist "Issues"...

10. **The Highly Sensitive Person:** How to Thrive When The World Overwhelms You by Elaine N. Aron
11. **Quiet:** The Power of Introverts in a World That Can't Stop Talking by Susan Cain

*****My TOP 3 PICKS** for you!
Particularly helpful & readable