

# RESOURCE LIST FOR SELF-LOVE & FEMININE LIVING



*Women's Group Coaching*

# *Women's Coaching | Resource List*

## **Books on Feminine Living and Self-Love:**

Women Who Run With Wolves, by Clarissa Pinkola Estes

Pussy: A Reclamation, by Regina Thomshauer

The Queen's Code, by Alison Armstrong

Open Wide, by Melissa Ambrosini

Dear Lover, by David Deida

Awakening Shakti, by Sally Compton

Red, Hot And Holy, by Sara Beak

Wild Feminine, by Tammi Lyn Kent

Radical Self-Love, by Gala Darling

Witch, by Lisa Lister

Enchanted Love, by Marianna Williamson

Sexual Poetry, by Brooke Solis

Goddesses In Every Woman, by Jean Shinoda Bolen

The Body Sacred, by Dianna Sylvan

Nourishing The Mother, by Julie Wood

Braiding Sweetgrass, by Robin Wall Kimmerer



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## **Books on Feminine Living and Self-Love:**

How To Love Yourself And Sometimes Other People, by Lordo Rinzler and Megan Watterson

To Be A Woman: The Birth Of The Conscious Feminine, by Connie Zweig

The Gifts Of Imperfection, by Brenne Brown

Learning To Love Yourself, by Gay Hendricks

Womb Awakening, by Azra Bertrand and Serena Bertrand

Radical Acceptance, by Tara Brach

Evolution Of A Goddess, by Emma Mildon

Choosing Me Before Choosing We, Christing Arylo

Self-Compassion: The Power of Being Kind To Yourself, by Kristin Neff

The Self-Love Experiment, by Shannon Kaiser

Love Your Body, by Louise Hay

Beautiful You: A Daily Guide To Radical Self-Acceptance, by Rosie Molinary

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## **Podcasts on Feminine Living and Self-Love:**

Mind Body Musings, with Maddy Moon

Feminine AS F\*ck, with Monica Yates

Authentic Self Podcast, with Juliet Allen

Love Sex Desire Podcast, with Susana Frioni

The Priestess Podcast, with Julie Parker

Truth Telling, with Elizabeth Dialto

Feminine Power Time, with Christine Arylo

Sex With Emily

Wholehearted Love Sex And Intimacy, With Isiah McKimmie

Art Of The Feminine Weekly Calls, with Shannon Port

The Smart Couple Podcast, with Jayson Gaddis

The Free Birth Society Podcast

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## **Additional Resources:**

Claire Baker (Understanding Your Menstrual Cycle)

<http://thisislifeblood.com/>

Maddy Moon (Balancing Feminine & Masculine)

<https://maddymoon.com/>

Alexandra Roxo (Feminine Embodiment & Empowerment)

<https://www.alexandraroxo.com>

John Wineland (Incredible teachings on Masculine/Feminine)

<https://www.youtube.com/channel/UCTif0aTpBjQ27IRC5q6vJLw/videos>

Angela Gallo

<https://angelagallo.com/>

Rosie Rees (Nude Yoga & Sexuality)

<https://www.rosierees.com/>

Yoni Pleasure Palace (Jade Eggs And Crystal Wands)

<https://www.yonipleasurepalace.com/>

Layla Martin (Sexuality and Tantra)

<https://laylamartin.com>

Asti Maree (Sensuality & Sexuality)

<http://astimaree.com/>

Psalm Isadora (Tantra and Sexuality)

<https://psalmisadora.com/welcome/>

Sexology, The Documentary.

Watch the Trailer: <https://www.youtube.com/watch?v=loLMpk-4Ekk>





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