



Sarah's Book Recommendations 2021

January: Rest

Books to pick up before and after a nap. Read for recovery.

To Bless The Space Between Us, by John O'Donohue

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

How To Relax, by Thich Nhat Hanh

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

How To Not Always Be Working, by Marlee Grace

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

Tao Te Ching, by Lao Tzu, translated by Ursula K. LeGuin

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

The Mysteries of Harris Burdick, by Chris Van Allsburg

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

February: Friendship

Titles about friends. Intense and radical support. Chosen family.

The Weekend, by Charlotte Wood

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

Big Friendship: How We Keep Each Other Close, by Aminatou Sow and Ann Friedman

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

My Brilliant Friend, by Elena Ferrante
[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

The Heroine's Journey, by Gail Carriger
[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

March: Commitment

Books for major decisions. Support for a long and fruitful journey.

In|Appropriate, by Kim Davids Mandar
[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

The 90-Day Rewrite, by Alan Watt
[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

The Broken Earth Trilogy, by N. K. Jemisin
[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

The Shades of Magic Trilogy, by V. E. Schwab
[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

The Four Tendencies, by Gretchen Rubin
[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

April: Courage

Reading to help you when the inspiration dips. It's harder than it looks. Keep going.

The Street: A Novel, by Ann Petry
[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

Daring Greatly, by Brené Brown
[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

May: Wonder

Books that remind you to be amazed. Magic happens.

World of Wonders, by Aimee Nezhukumatathil

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

The Enchanted Life: Unlocking The Magic of The Everyday, by Sharon Blackie

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

Big Magic: Creative Living Beyond Fear, by Elizabeth Gilbert

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

Here Is Real Magic, by Nate Staniforth

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

June: Flow

Books that remind you that it doesn't have to be so hard.

The Art of Is, by Stephen Nachmanovitch

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

Flow, by Mihaly Csikszentmihalyi

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

July: Wellness

Books that teach you how to take care of yourself.

Burnout: The Secret to Unlocking the Stress Cycle, by Emily Nagoski and Amelia Nagoski

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

Movement Matters, by Katie Bowman

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

August: Passion

Books that show you how to bring your whole self to the project. Pleasure and freedom.

No Plan B, by Heather Thorkelson

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

Pleasure Activism, by Adrienne Maree Brown

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

September: Resilience

How we pick ourselves up and keep going, without feeling destroyed by the process.

Caste: The Origins of Our Discontent, by Isabel Wilkerson

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

October: Shadow

How to access the power of our unconscious. Digging deep.

Existential Kink, by Carolyn Elliott

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)

November: Influence

Read what you wish you could write.

The Measure of My Powers, by Jackie Kai Ellis

[Kobo](#) | [Amazon.ca](#) | [Amazon.com](#)