



Michigan Medicine Reading List



SELF-HELP/
INSPIRATIONAL

A Course in Miracles

by Helen Schueman, PhD

A New Earth

by Eckhart Tolle

Becoming

by Michelle Obama

Dare to Lead

by Brené Brown

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead

by Brené Brown

Dying to Be Me

by Anita Moorjani

Girl, Wash Your Face: Stop Believing the Lies About Who You Are So You Can Become Who You Were Meant to Be

by Rachel Hollis

Girl, Stop Apologizing: A Shame-Free Plan for Embracing and Achieving Your Goals

by Rachel Hollis

In Shock: My Journey from Death to Recovery and the Redemptive Power of Hope

by Rana Awdishh

Loving What Is

by Byron Katie

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies

by Resmaa Menakem

The Bible

THE COVID DIARIES: The Last Days of My Normal

by Monica Hickson, MA

Tiny Habits: The small changes that changes everything

by BJ Fogg, PhD

The Power

by Naomi Alderman

The Signature of All Things

by Elizabeth Gilbert

Untamed

by Glennon Doyle

When Breath Becomes Air

by Paul Kalanithi

*Thank
you!*

Andrea Rentz | Andrew Smith | Debbie | Jenny Weber | Joe Lipa | Kasey Frost | Laura
Whisenant | LaTonya Berryhill | Ruth Ann Buntin | Melissa Mietzel | Myra | Steve Morrison |
Sharon Walker

