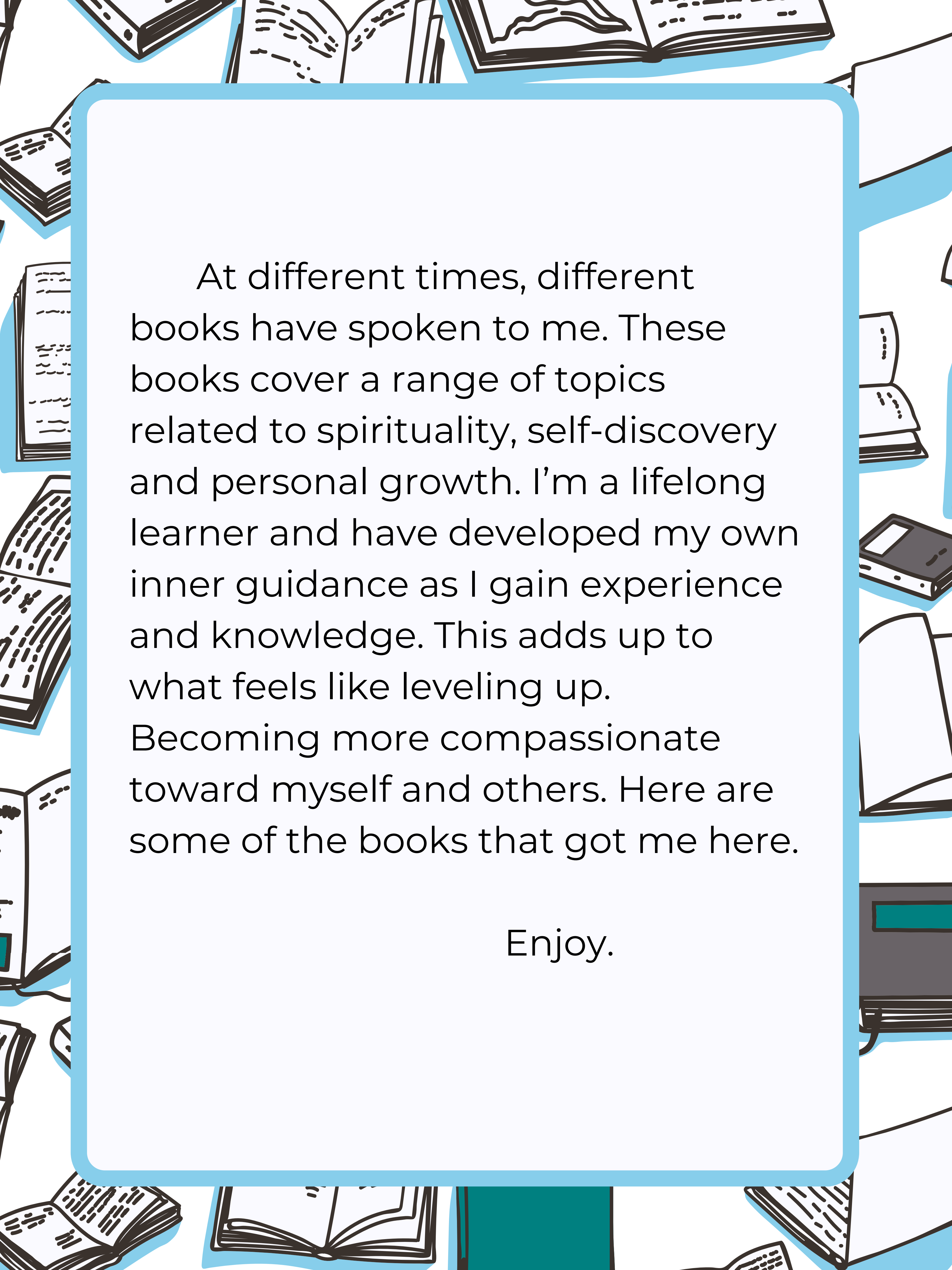




*Celia Lambert, Ph. D.*

**READING**

**LIST**



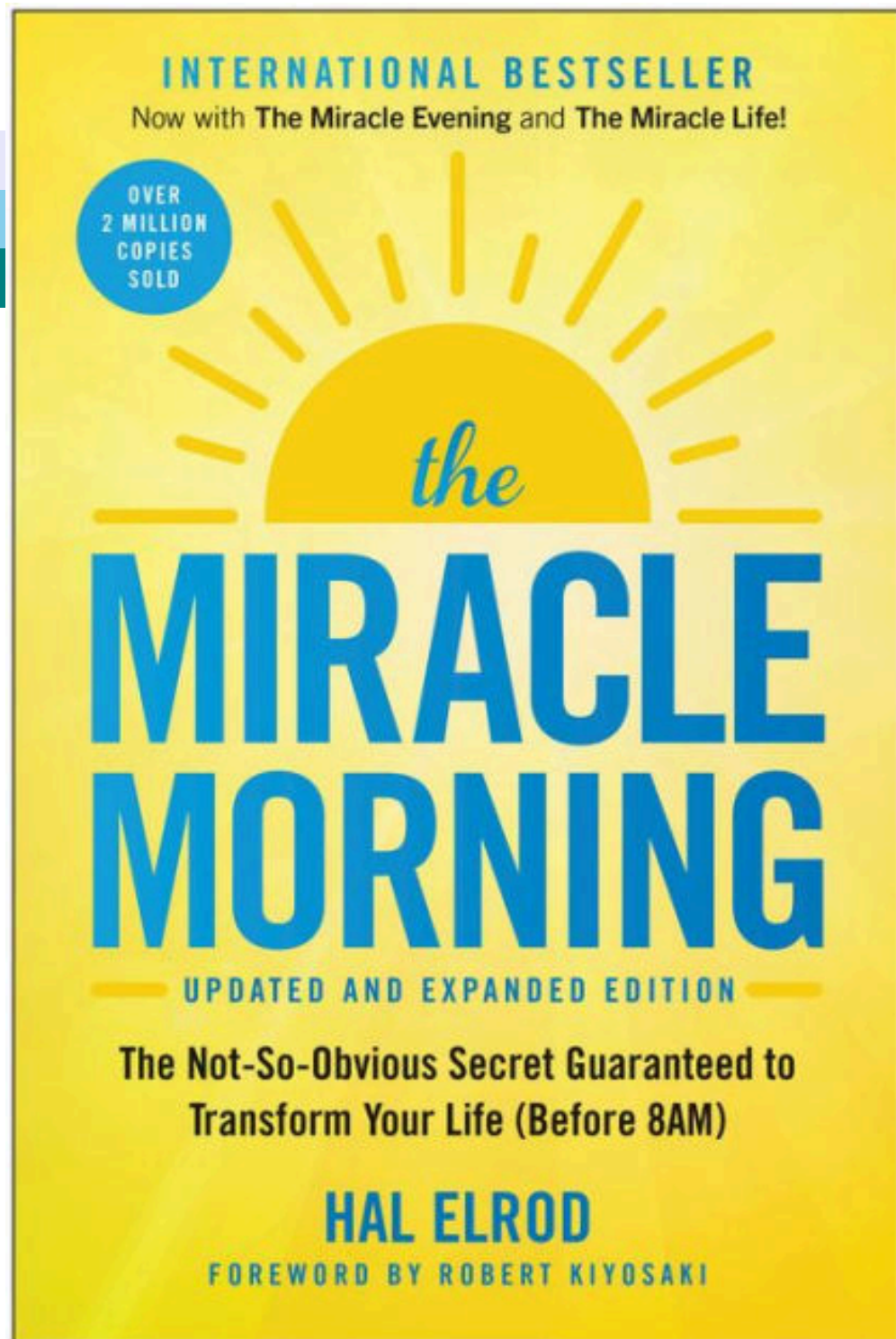
At different times, different books have spoken to me. These books cover a range of topics related to spirituality, self-discovery and personal growth. I'm a lifelong learner and have developed my own inner guidance as I gain experience and knowledge. This adds up to what feels like leveling up. Becoming more compassionate toward myself and others. Here are some of the books that got me here.

Enjoy.



# THE MIRACLE MORNING

## HAL ELROD

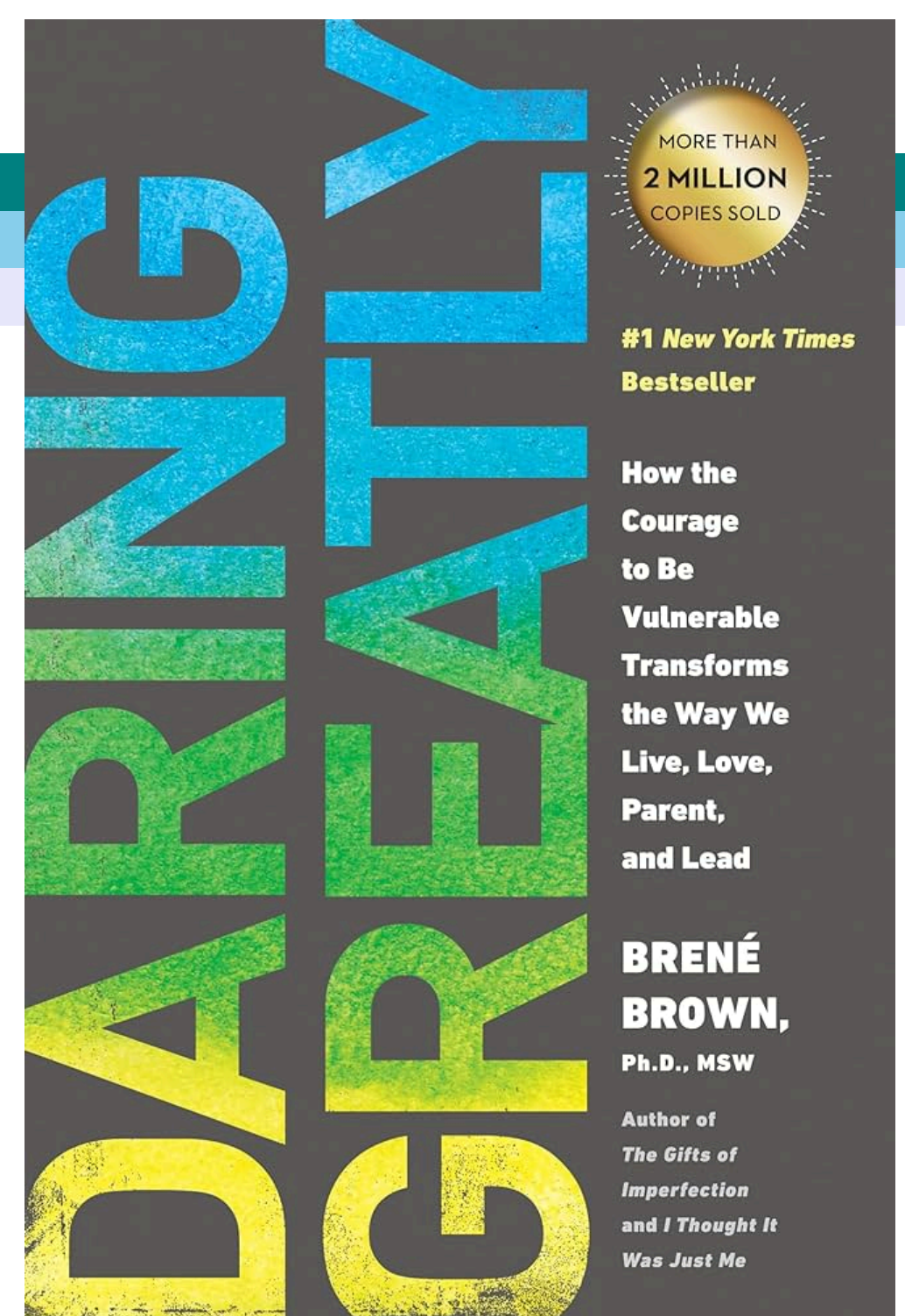


Elrod introduces a morning routine designed to boost productivity, positivity, and personal growth.

# DARING GREATLY

## BRENÉ BROWN

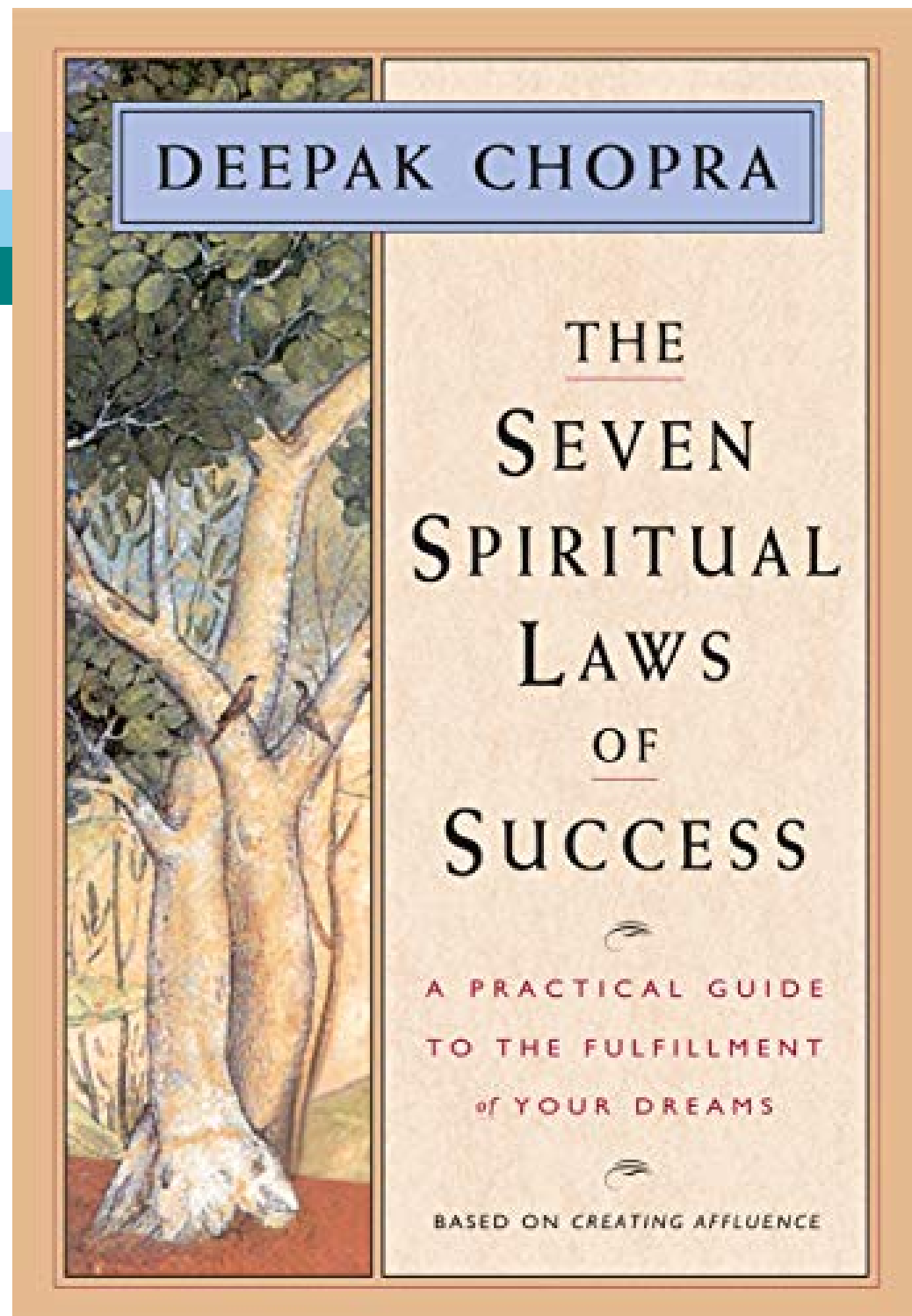
Brown explores the power of vulnerability in fostering authentic connections, creativity, and personal growth.





# THE SEVEN SPIRITUAL LAWS OF SUCCESS

DEEPAK CHOPRA

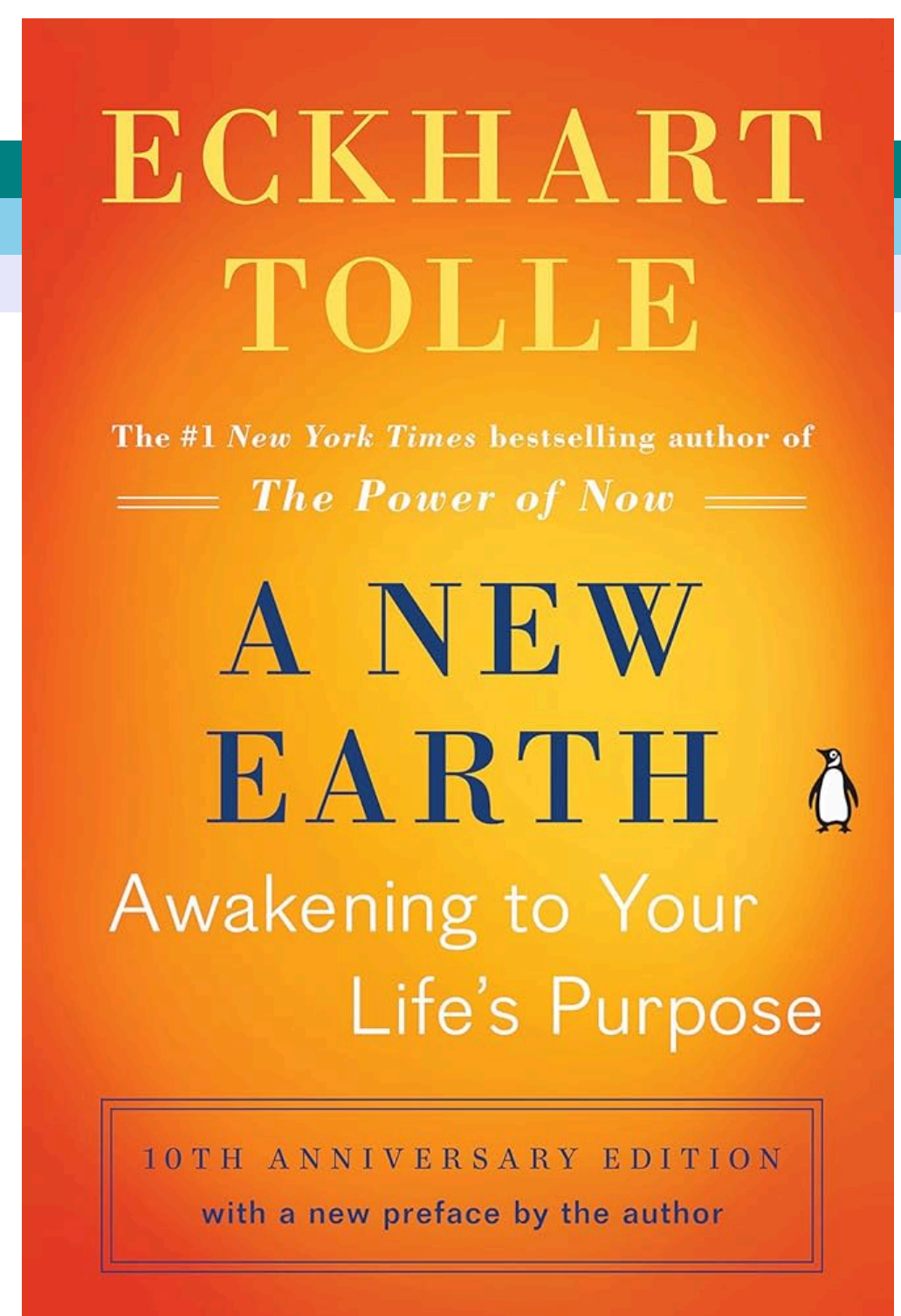


Deepak Chopra outlines seven spiritual principles for achieving success and fulfillment in life, blending spirituality with practical guidance.

# A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE

ECKHART TOLLE

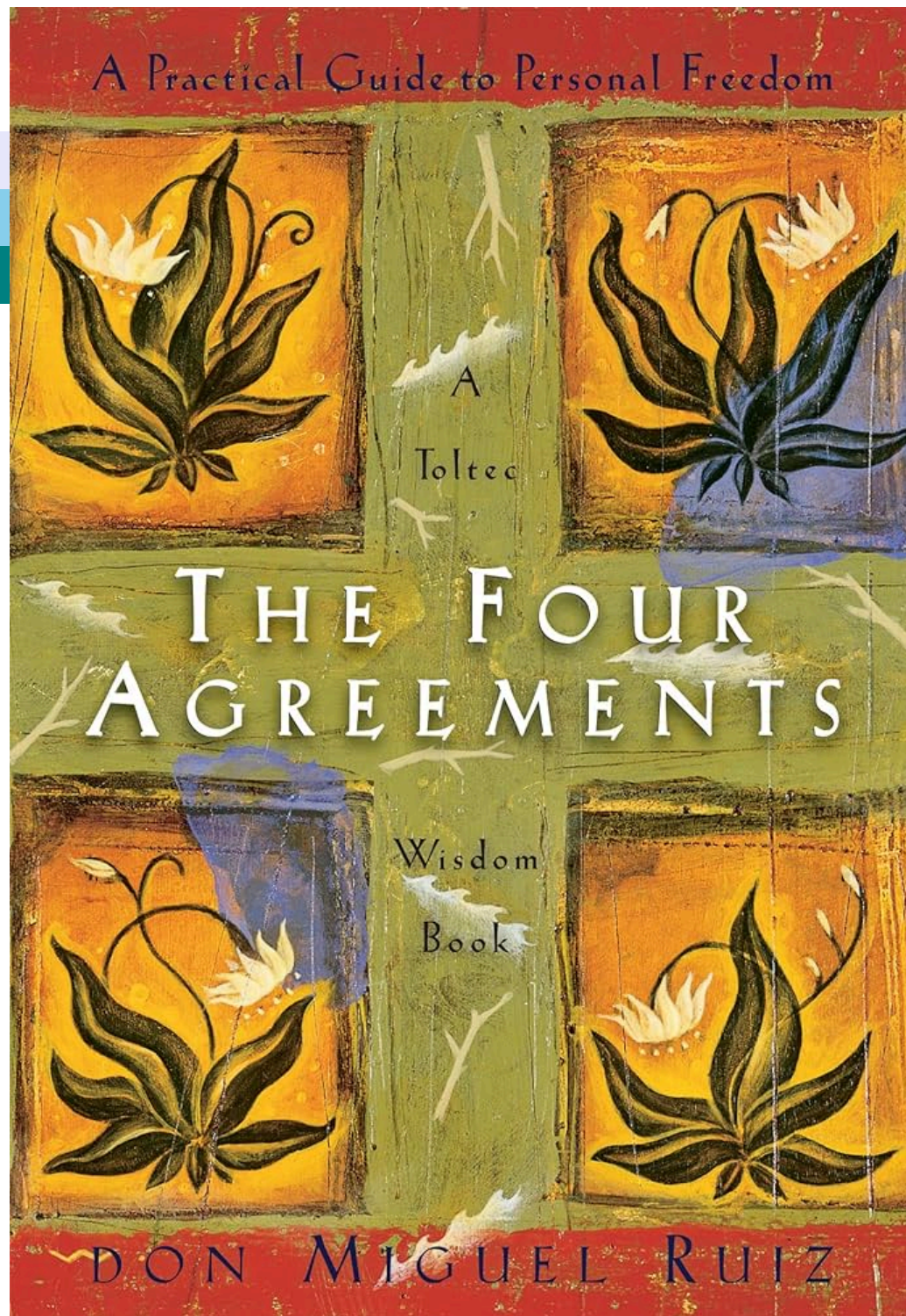
Tolle explores the concept of ego and its impact on personal growth, offering insights into achieving a new level of consciousness.





# THE FOUR AGREEMENTS

DON MIGUEL RUIZ

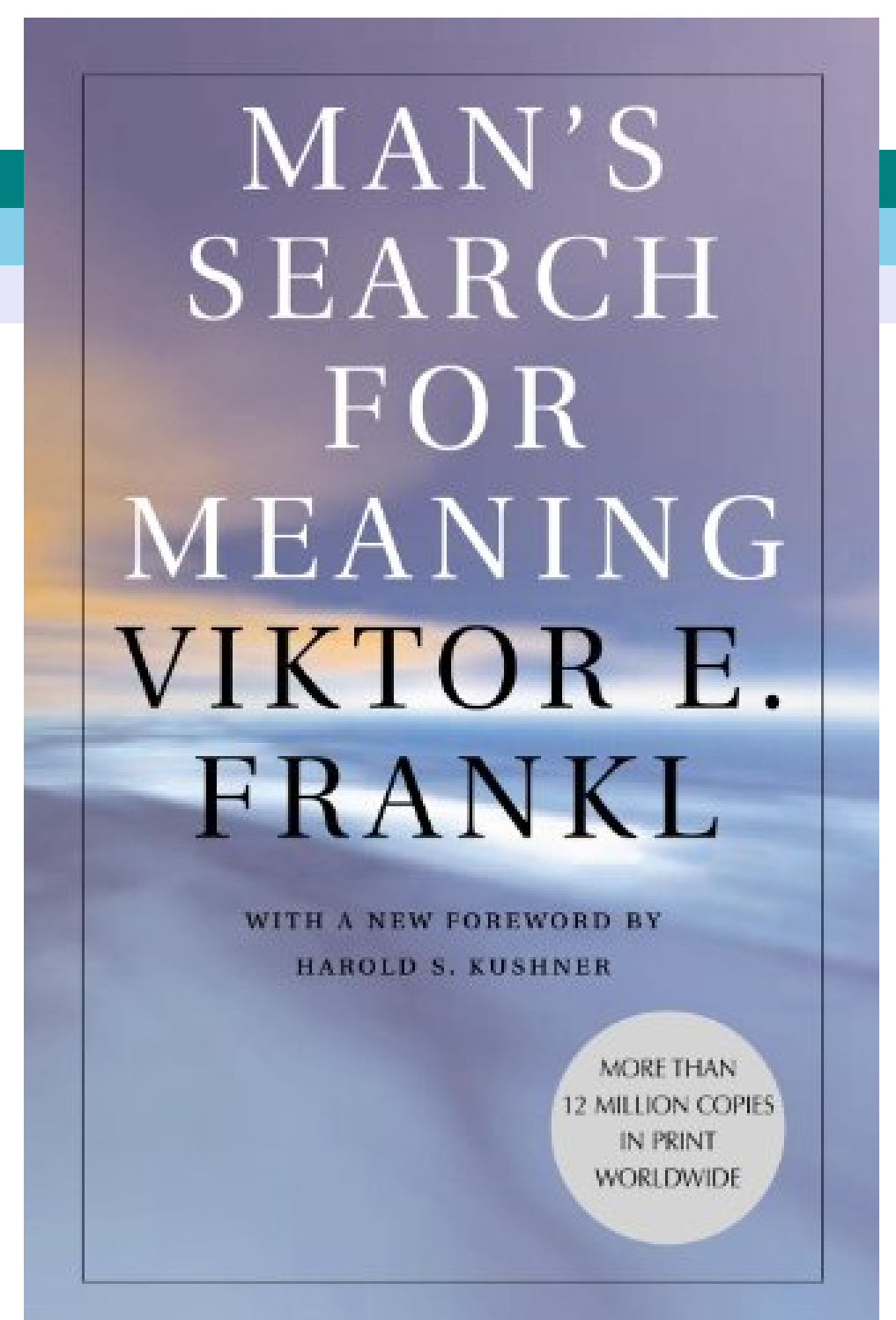


This book presents four simple agreements as a guide to personal freedom, happiness, and love.

# MAN'S SEARCH FOR MEANING

VIKTOR E. FRANKL

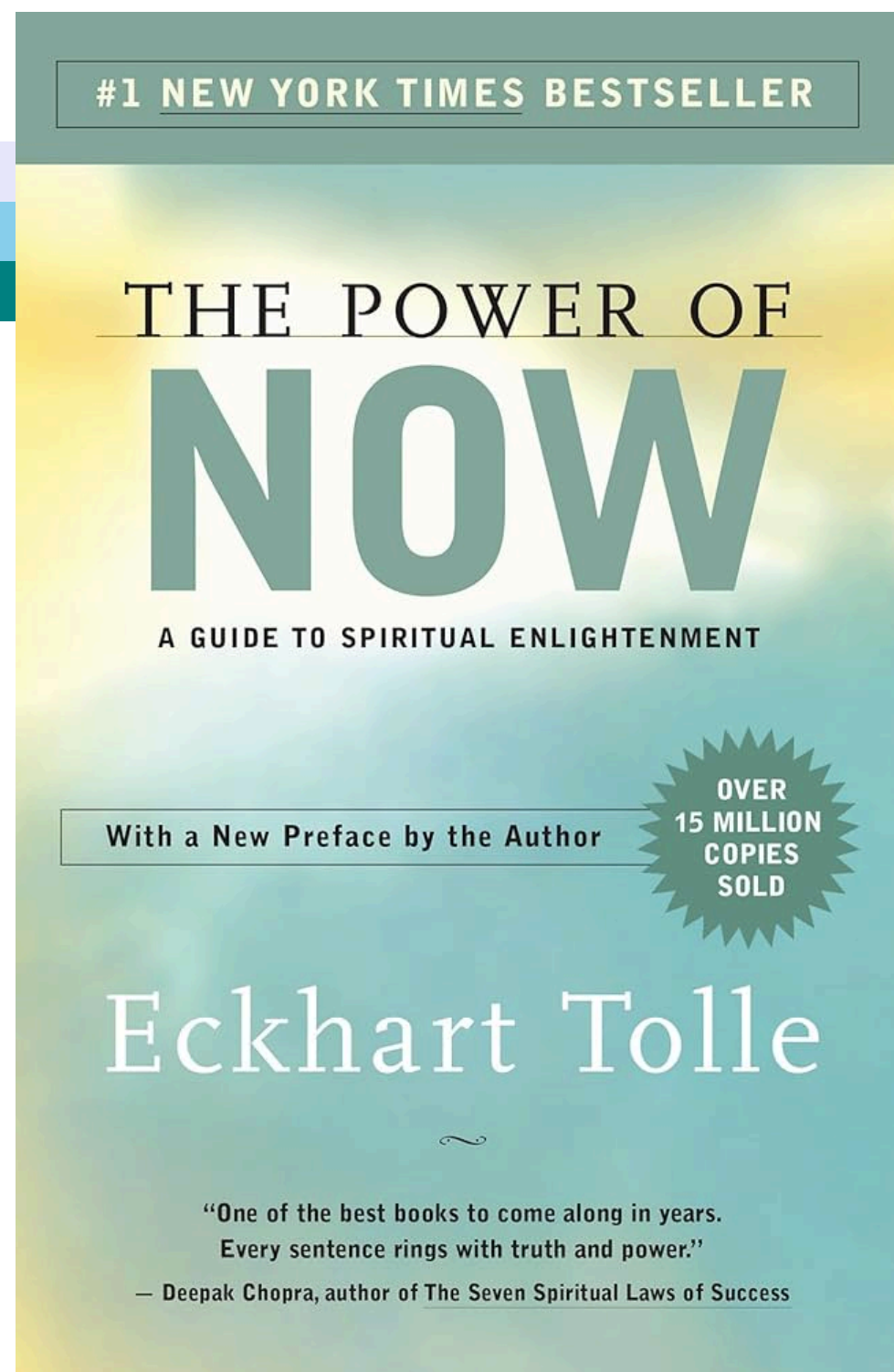
Frankl shares his experiences as a Holocaust survivor and explores the importance of finding meaning and purpose in life, even in the most challenging circumstances.





# THE POWER OF NOW

## ECKHART TOLLE

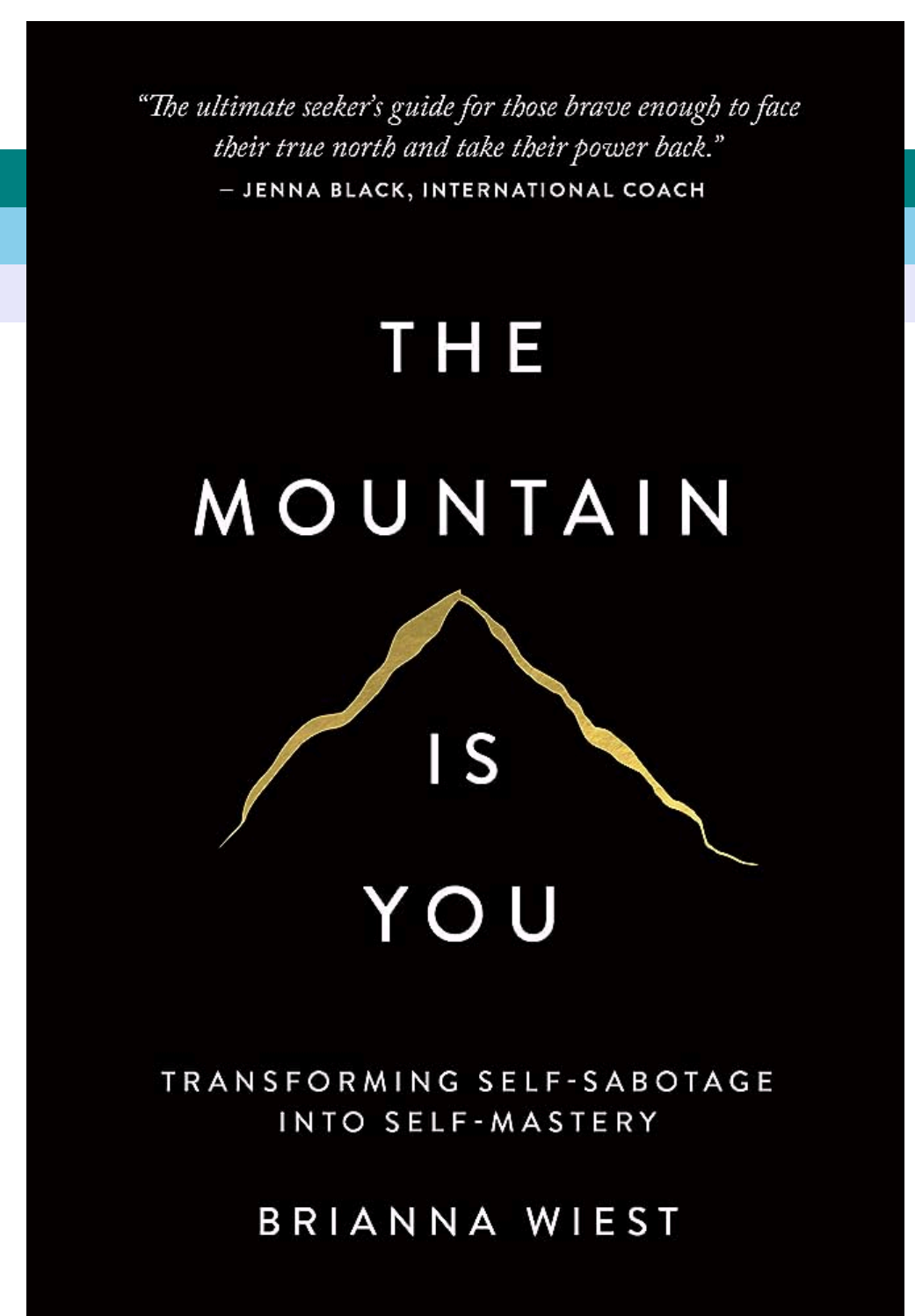


This book emphasises the importance of living in the present moment to achieve spiritual enlightenment and personal growth.

# THE MOUNTAIN IS YOU

## BRIANNA WEST

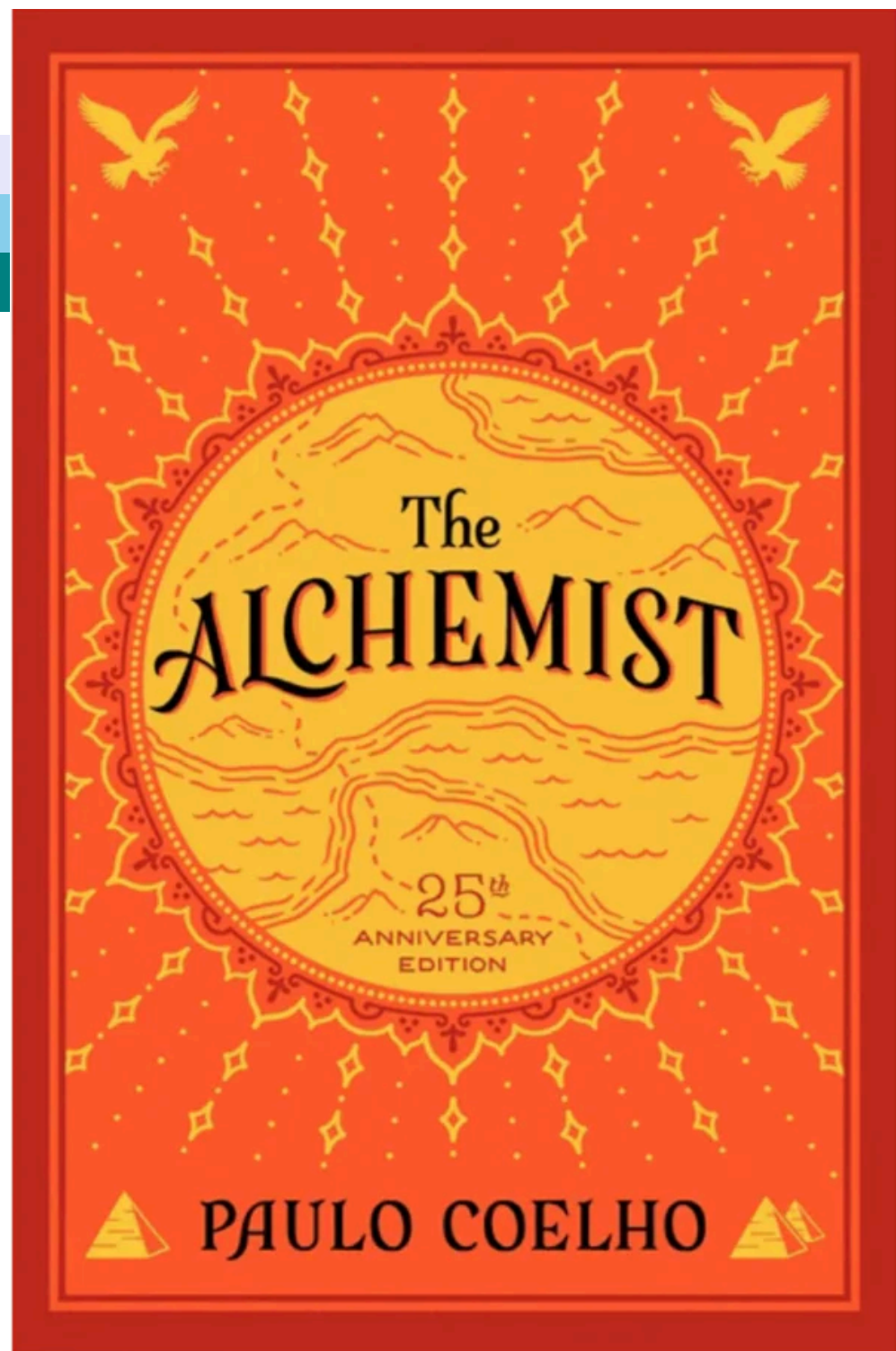
Wiest has written a roadmap for transforming self-sabotage into self-mastery, empowering readers to overcome obstacles, achieve their goals, and live a life of fulfillment and authenticity.





# THE ALCHEMIST

## PAULO COELHO

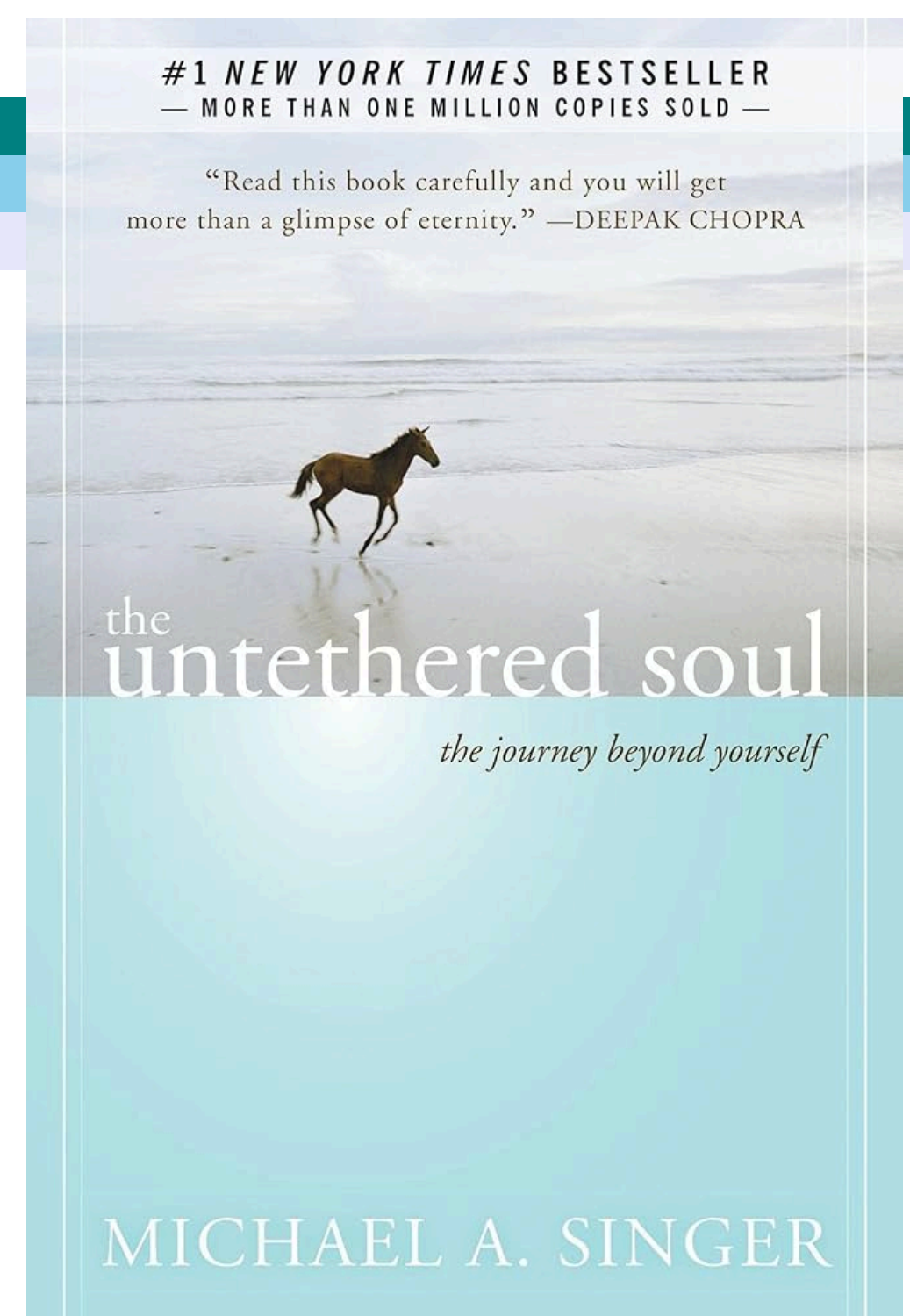


A timeless tale of self-discovery and following one's dreams, exploring themes of destiny, purpose, and the journey of the soul.

# THE UNTETHERED SOUL

## MICHAEL A. SINGER

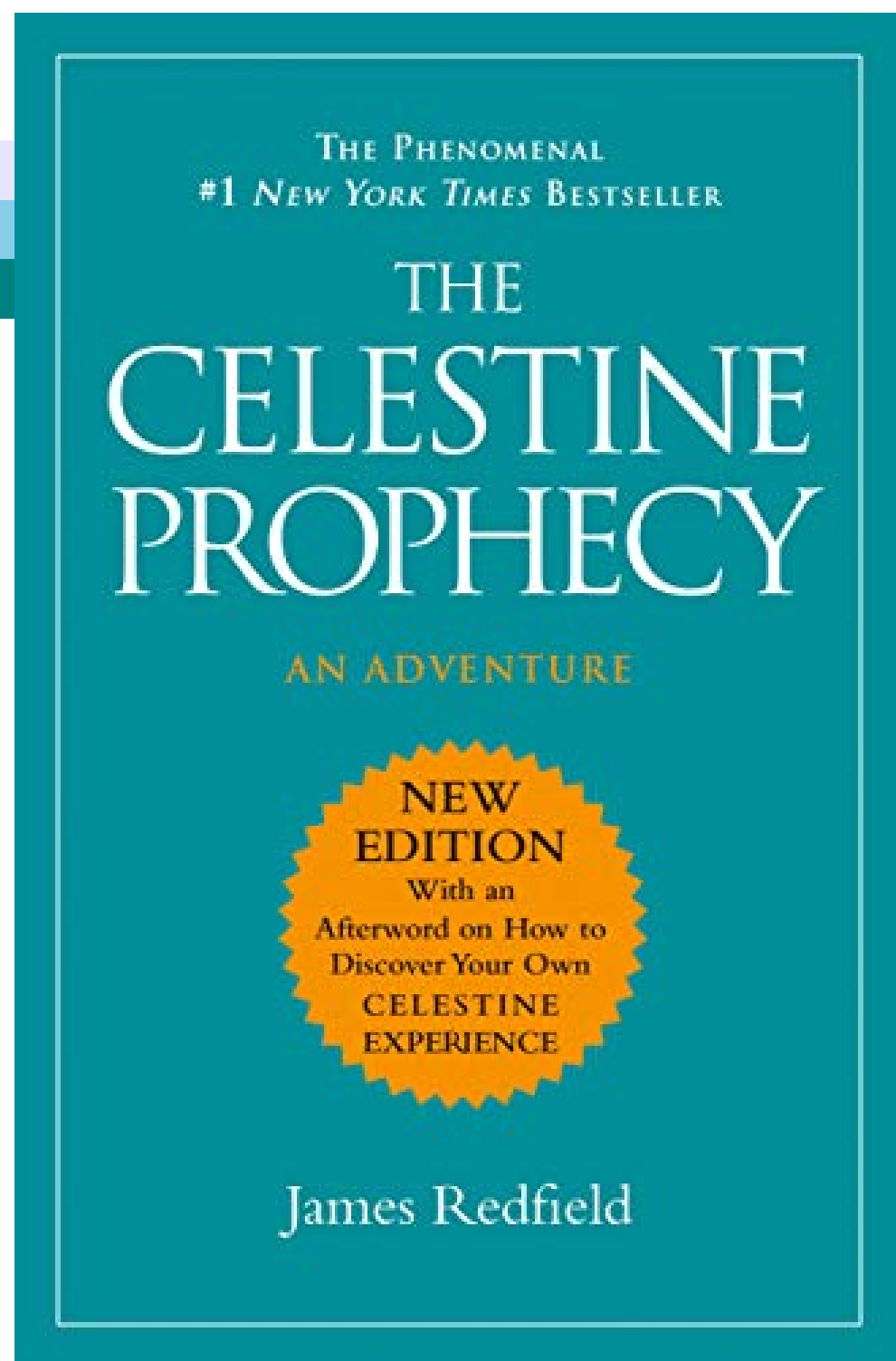
Singer offers insights into freeing oneself from negative thoughts and emotions, leading to inner peace and spiritual growth.





# THE CELESTIAL PROPHECY

JAMES REDFIELD



A fictional adventure story that intertwines spiritual insights with themes of synchronicity, energy flow, and personal evolution.

# SIDDHARTHA

HERMANN HESSE

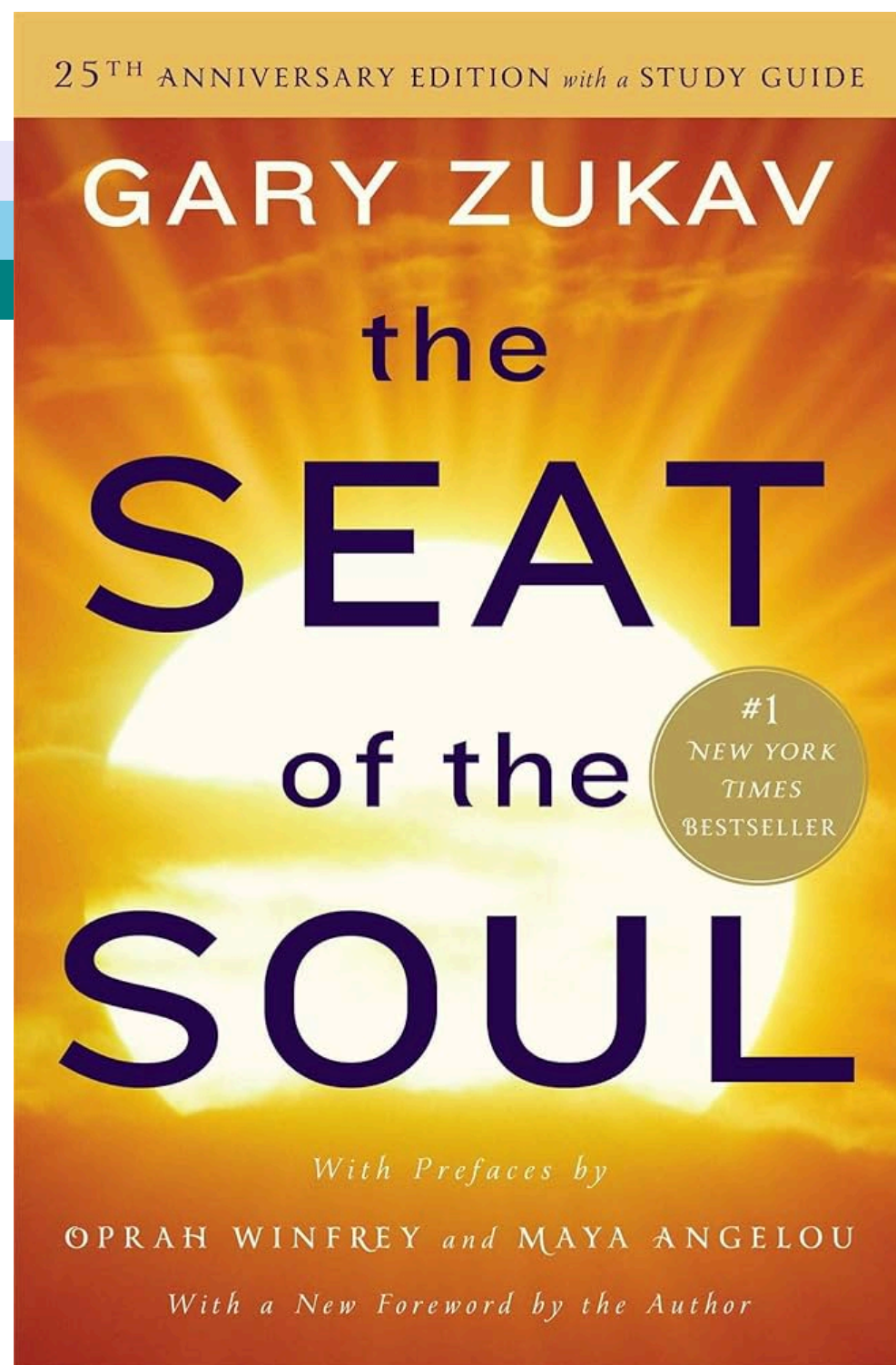
A novel following the journey of Siddhartha as he seeks enlightenment and self-discovery, inspired by the life of Buddha.





# THE SEAT OF THE SOUL

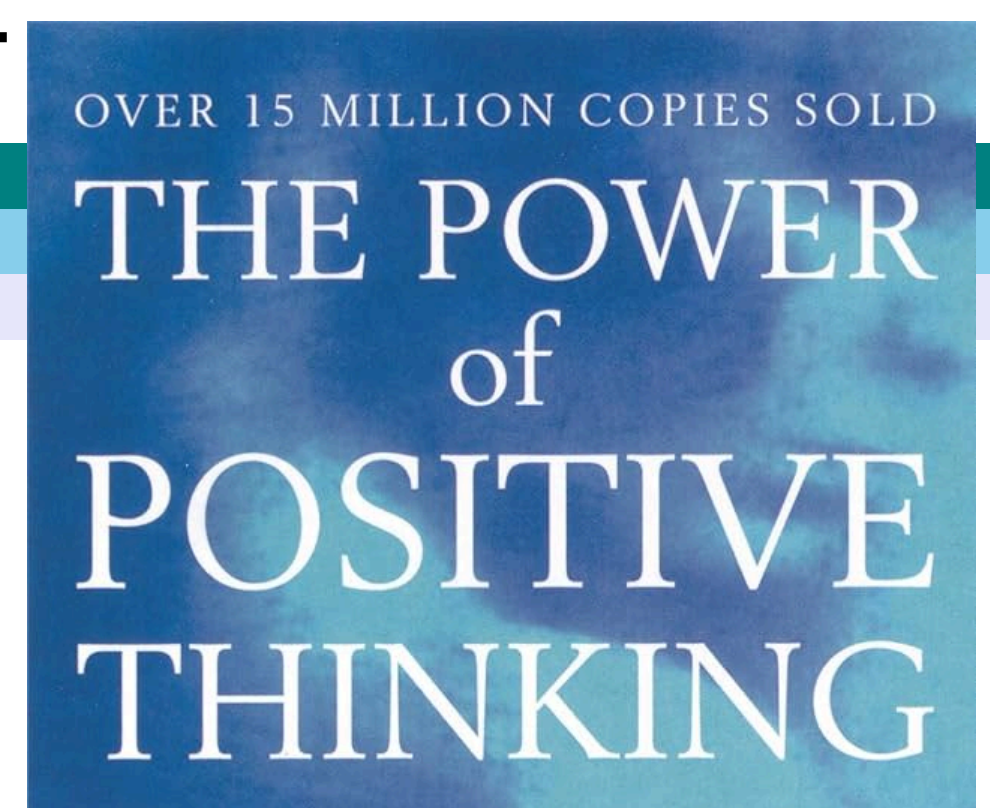
## GARY ZUKAV



Zukav explores the concept of the soul and its role in shaping human experiences, relationships, and personal growth.

# THE POWER OF POSITIVE THINKING

NORMAN VINCENT PEALE



Peale shares practical techniques for cultivating a positive mindset and harnessing the power of faith to overcome challenges and achieve success.

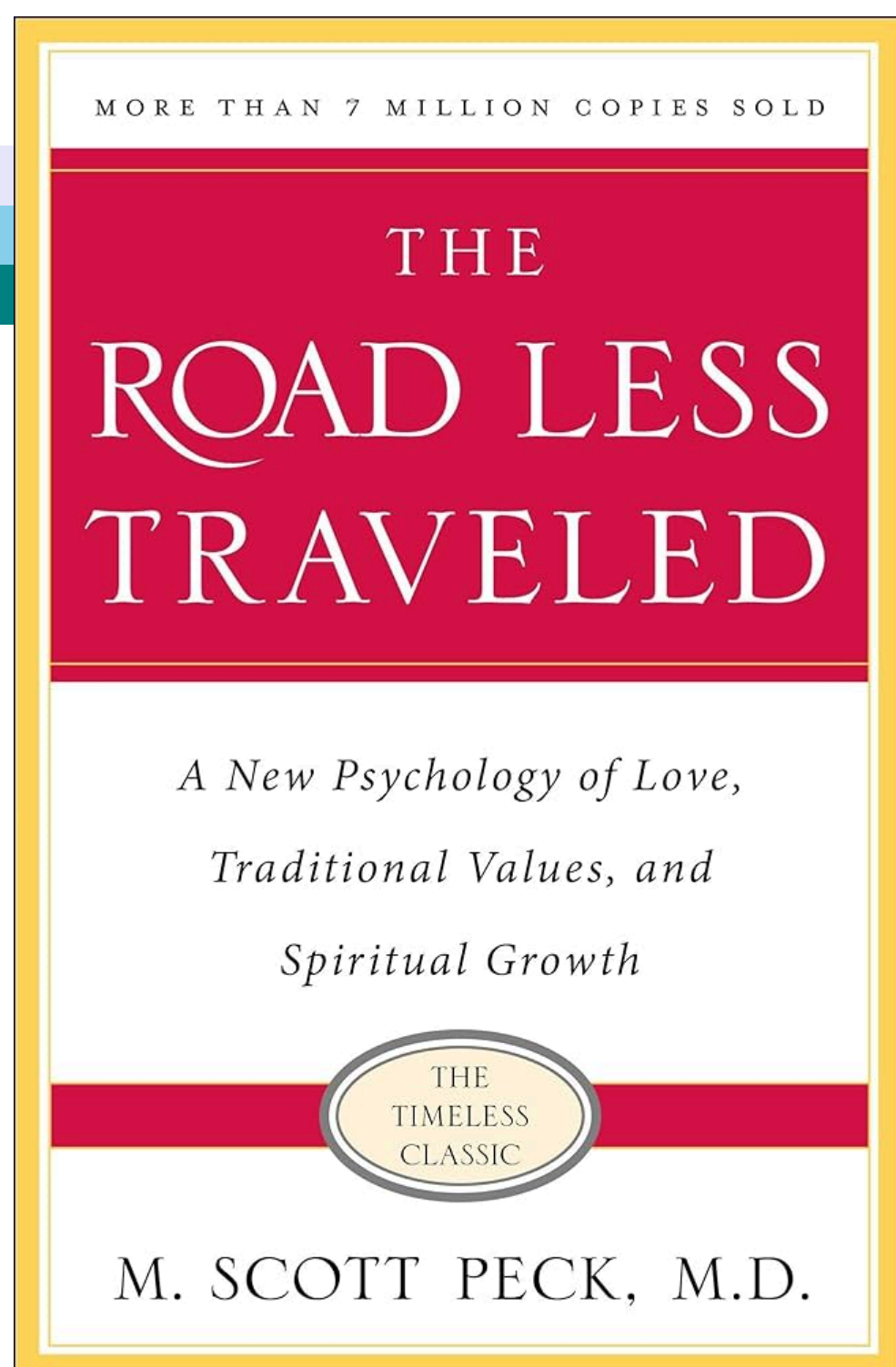
NORMAN  
VINCENT  
PEALE

The international bestseller by  
the father of positive thinking



# THE ROAD LESS TRAVELED

M. SCOTT PECK, M.D.

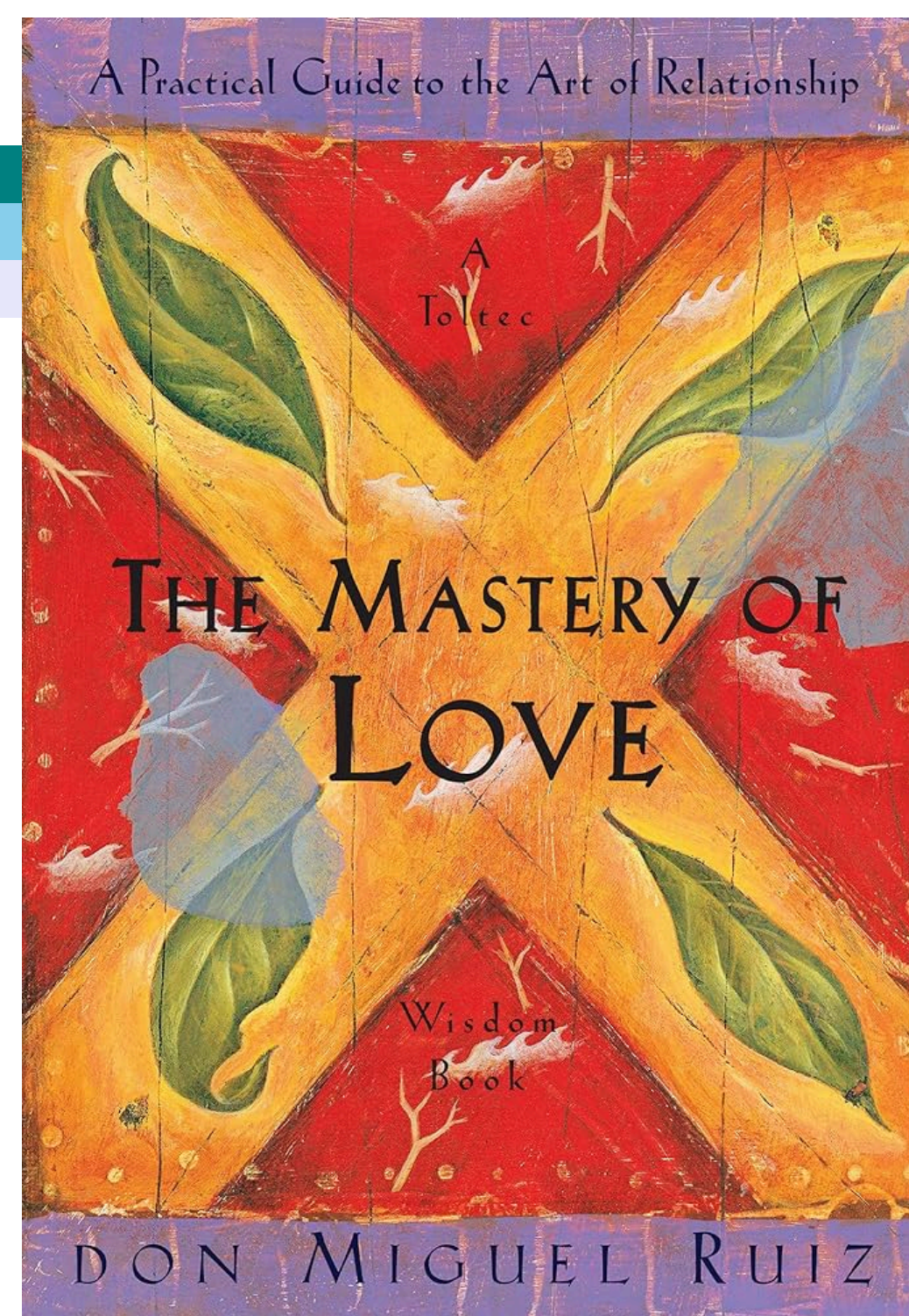


Peck combines psychology and spirituality to explore the path to spiritual growth and fulfillment.

# THE MASTERY OF LOVE

DON MIGUEL RUIZ

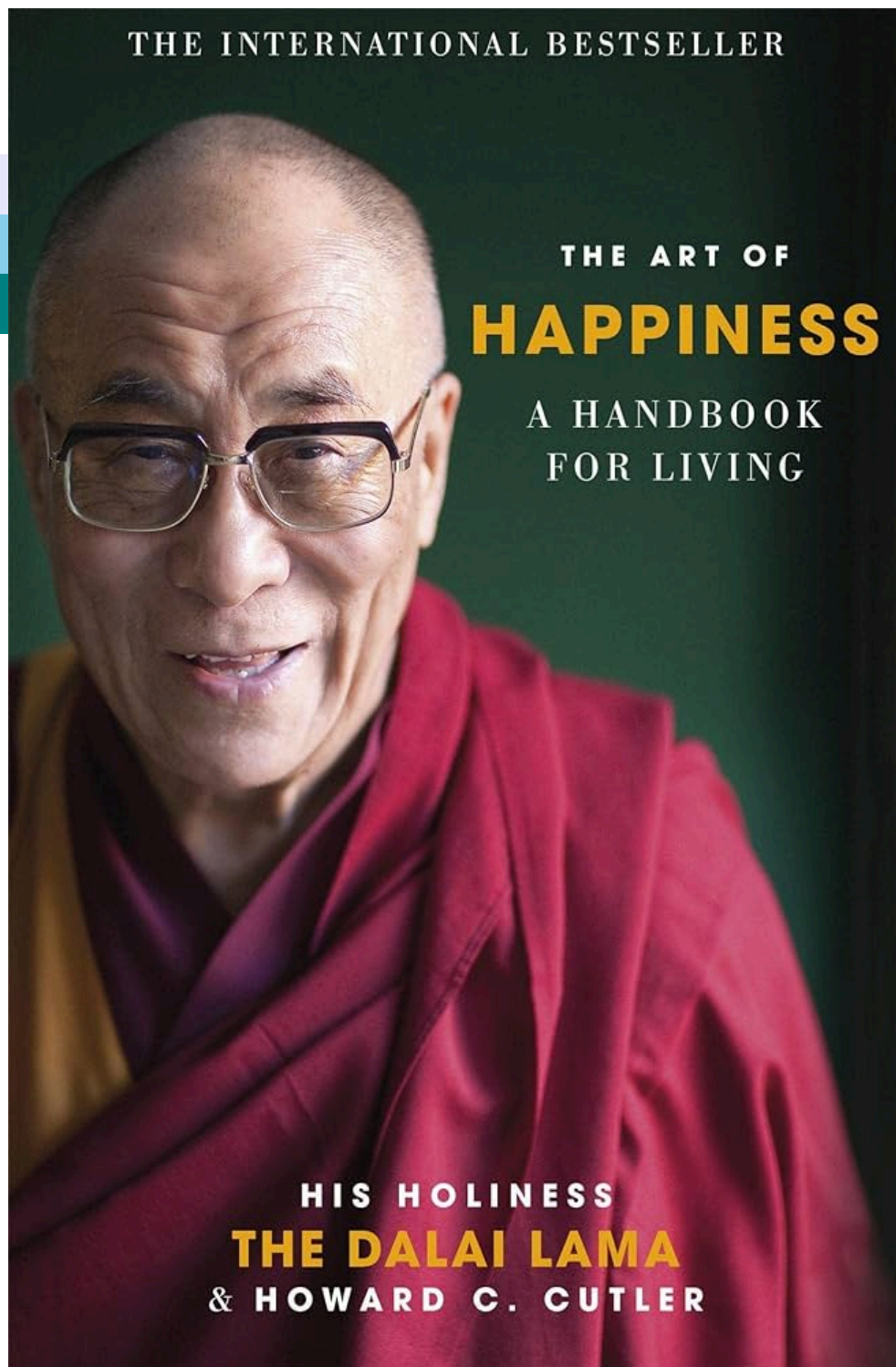
Ruiz explores the importance of self-love and awareness in cultivating healthy, fulfilling relationships.





# THE ART OF HAPPINESS

DALAI LAMA XIV &  
HOWARD C. CUTLER

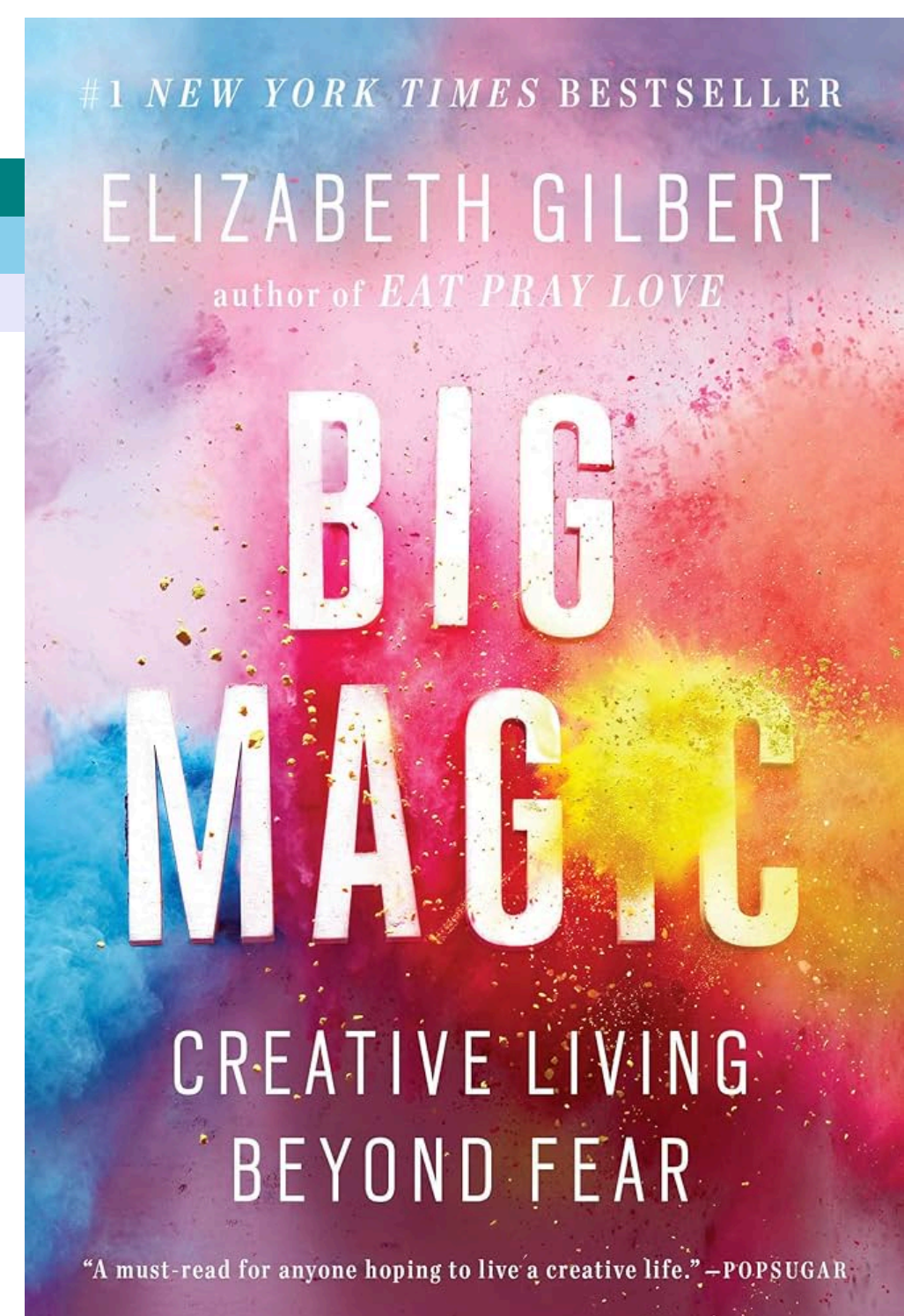


The Dalai Lama shares insights into achieving lasting happiness through cultivating compassion, gratitude, and inner peace.

# BIG MAGIC

ELIZABETH GILBERT

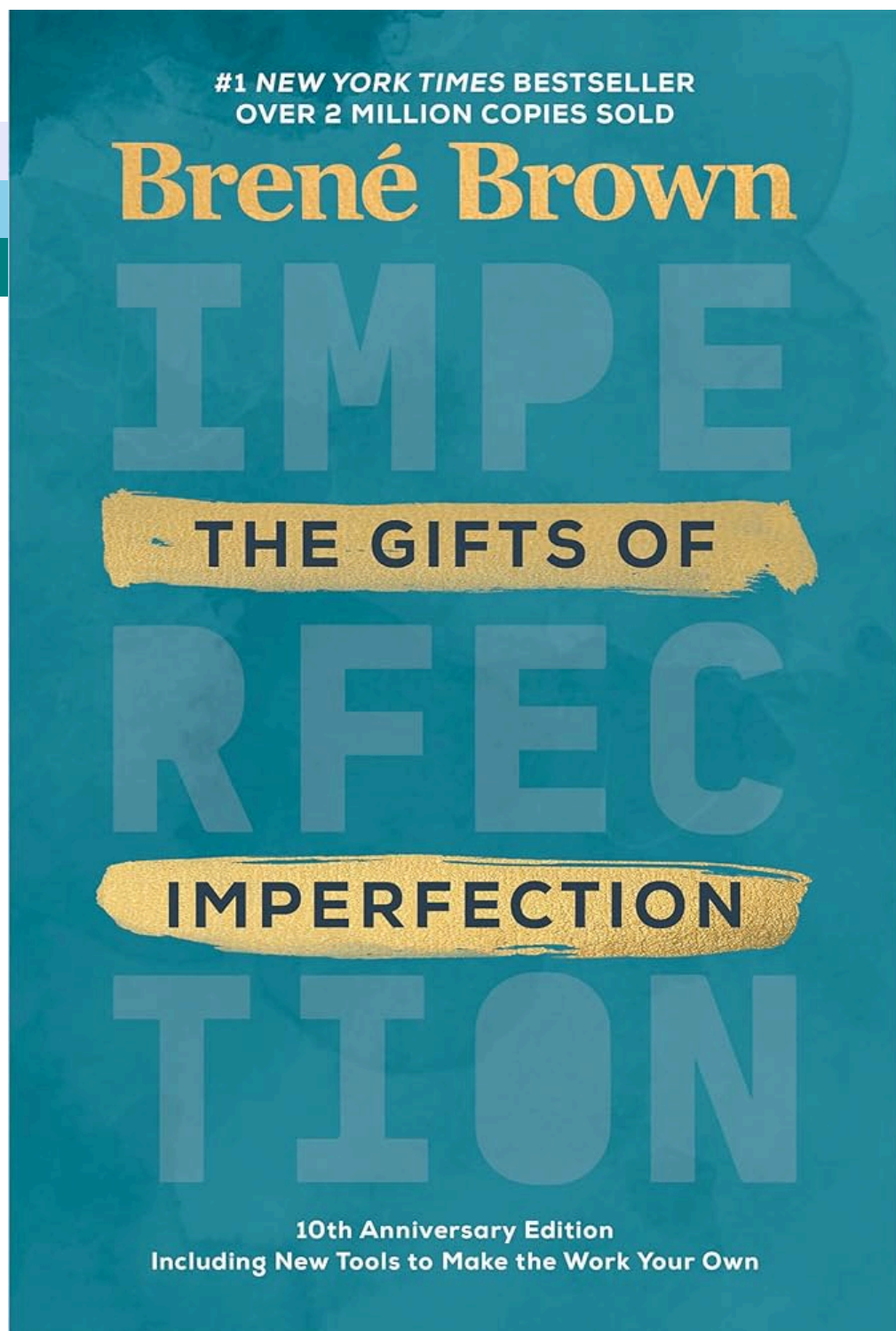
Gilbert encourages readers to embrace their creativity, overcome fear, and live a fulfilling and authentic life.





# THE GIFTS OF IMPERFECTION

BRENÉ BROWN

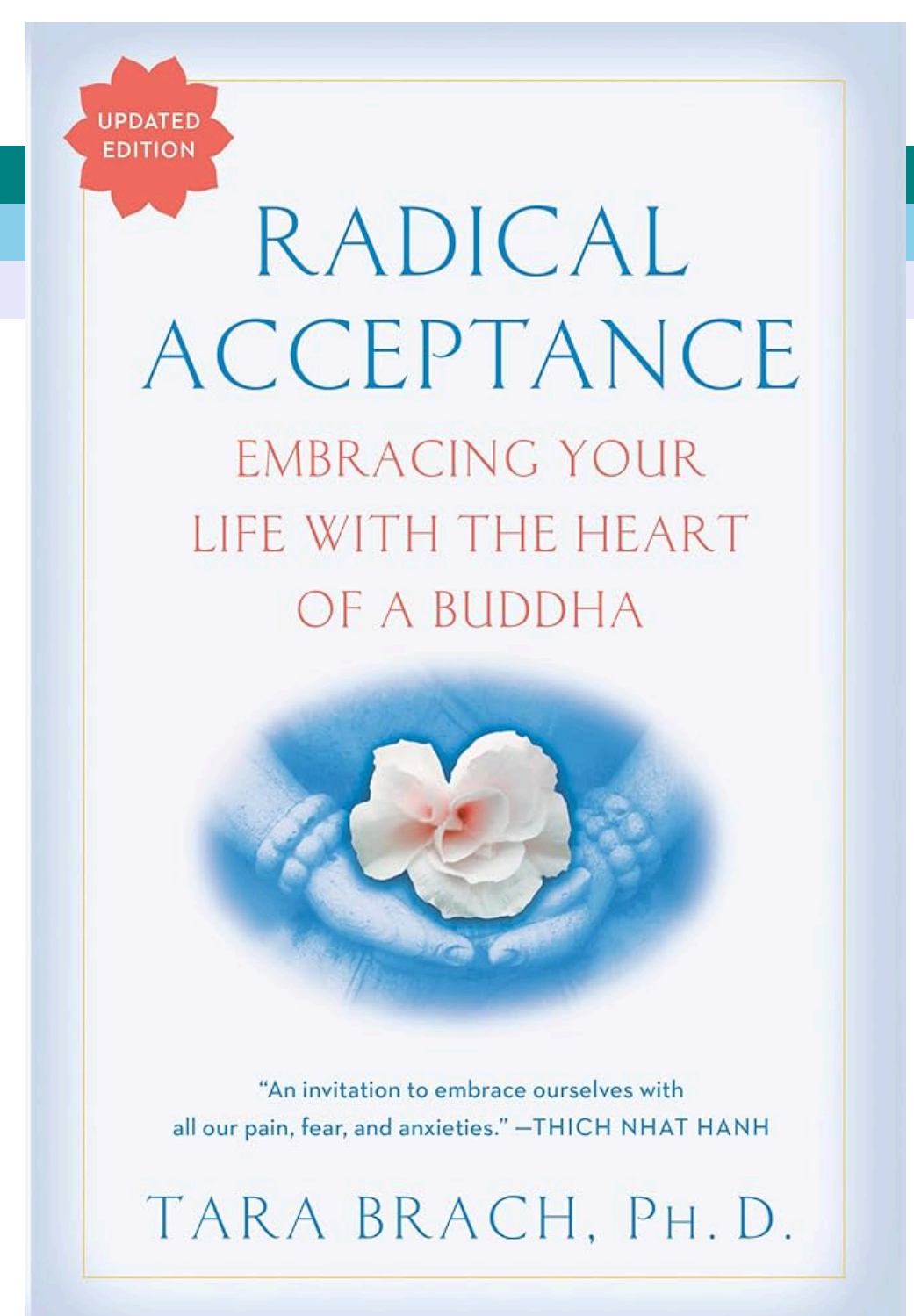


Brown explores the importance of embracing imperfection, vulnerability, and authenticity in living a wholehearted life.

# RADICAL ACCEPTANCE

TARA BRACH

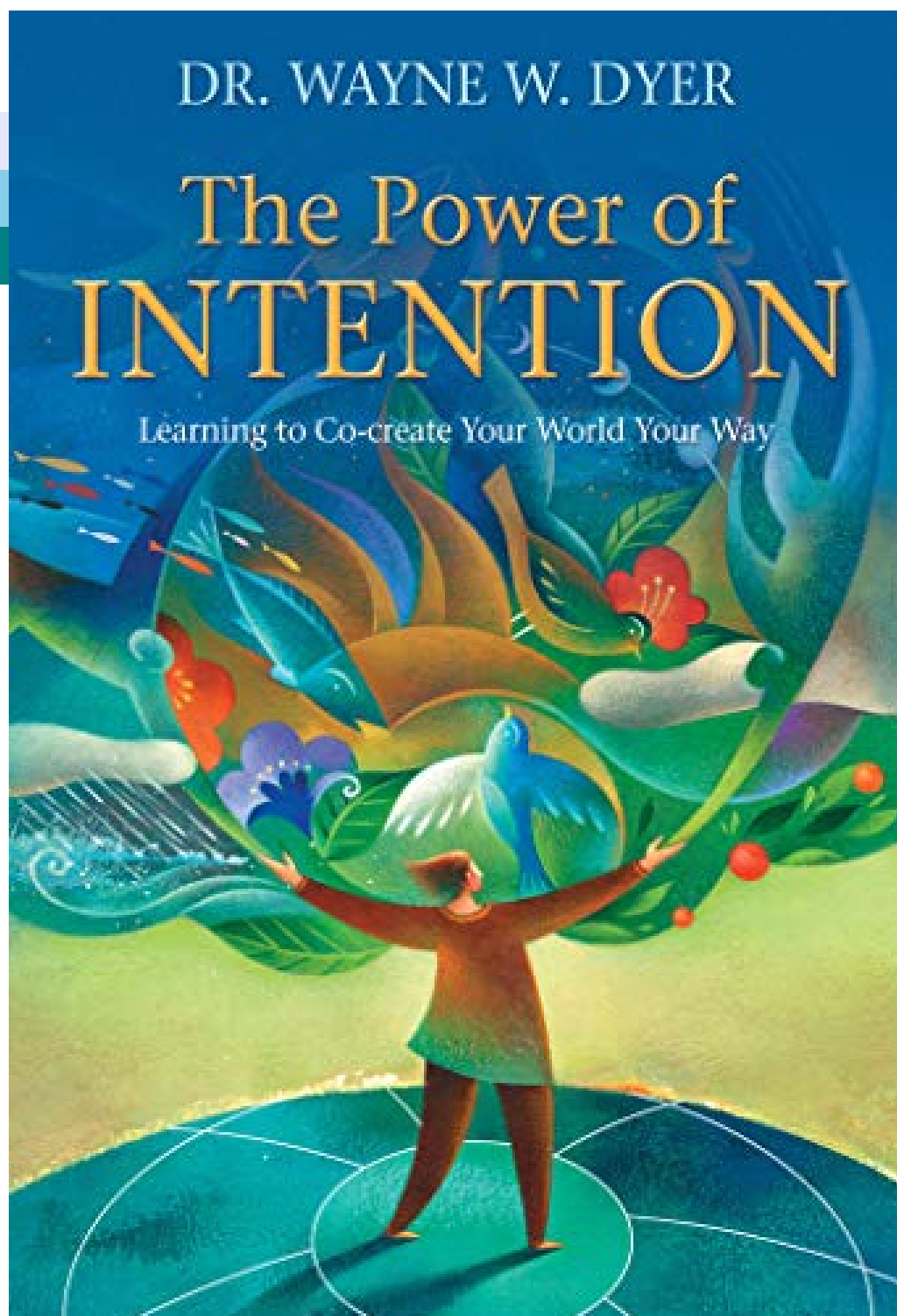
Brach offers guidance on cultivating self-compassion, mindfulness, and acceptance to find inner peace and healing.





# THE POWER OF INTENTION

DR. WAYNE DYER

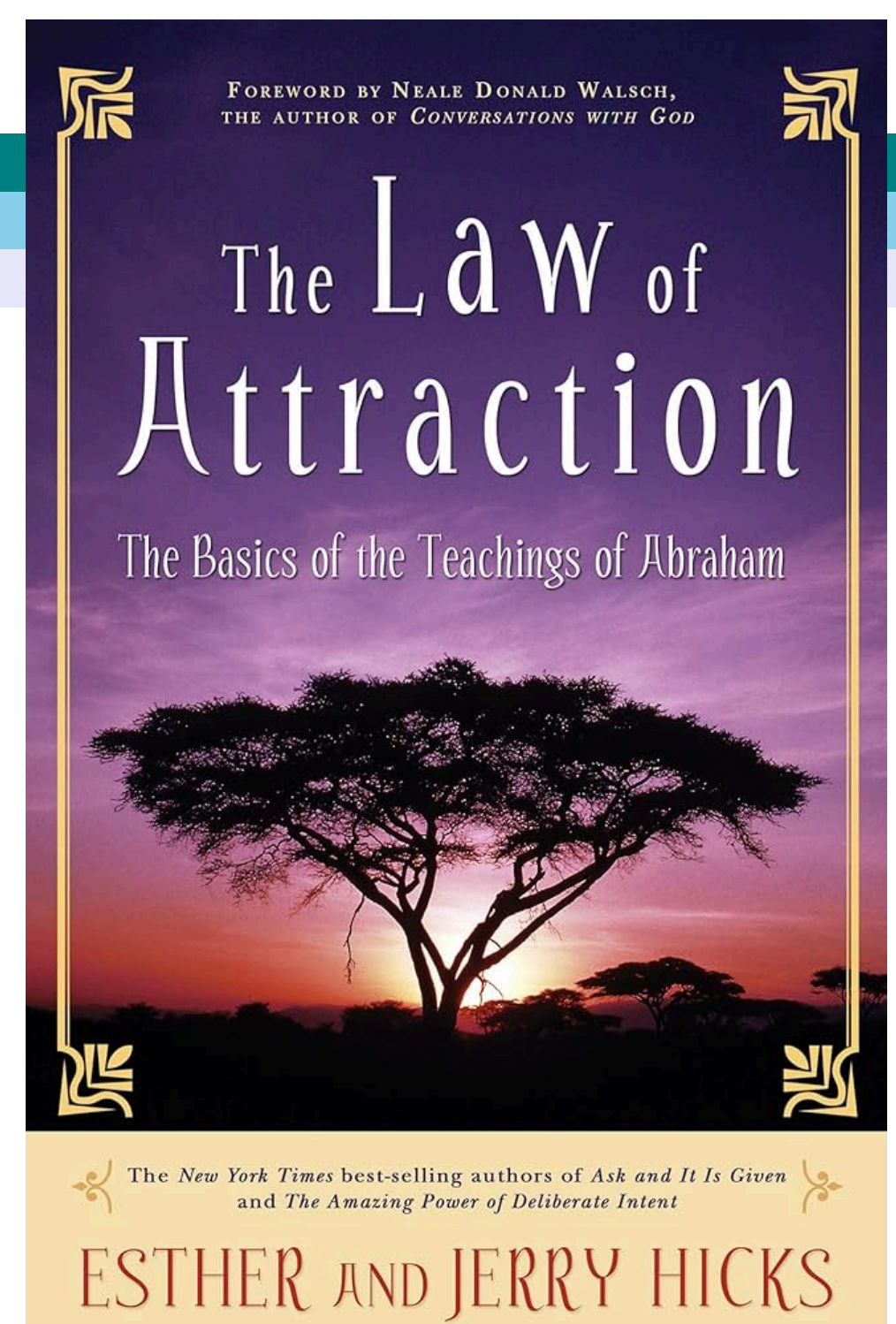


Dyer has created a timeless guide to unlocking the potential within each of us to live a life of purpose, passion, and possibility.

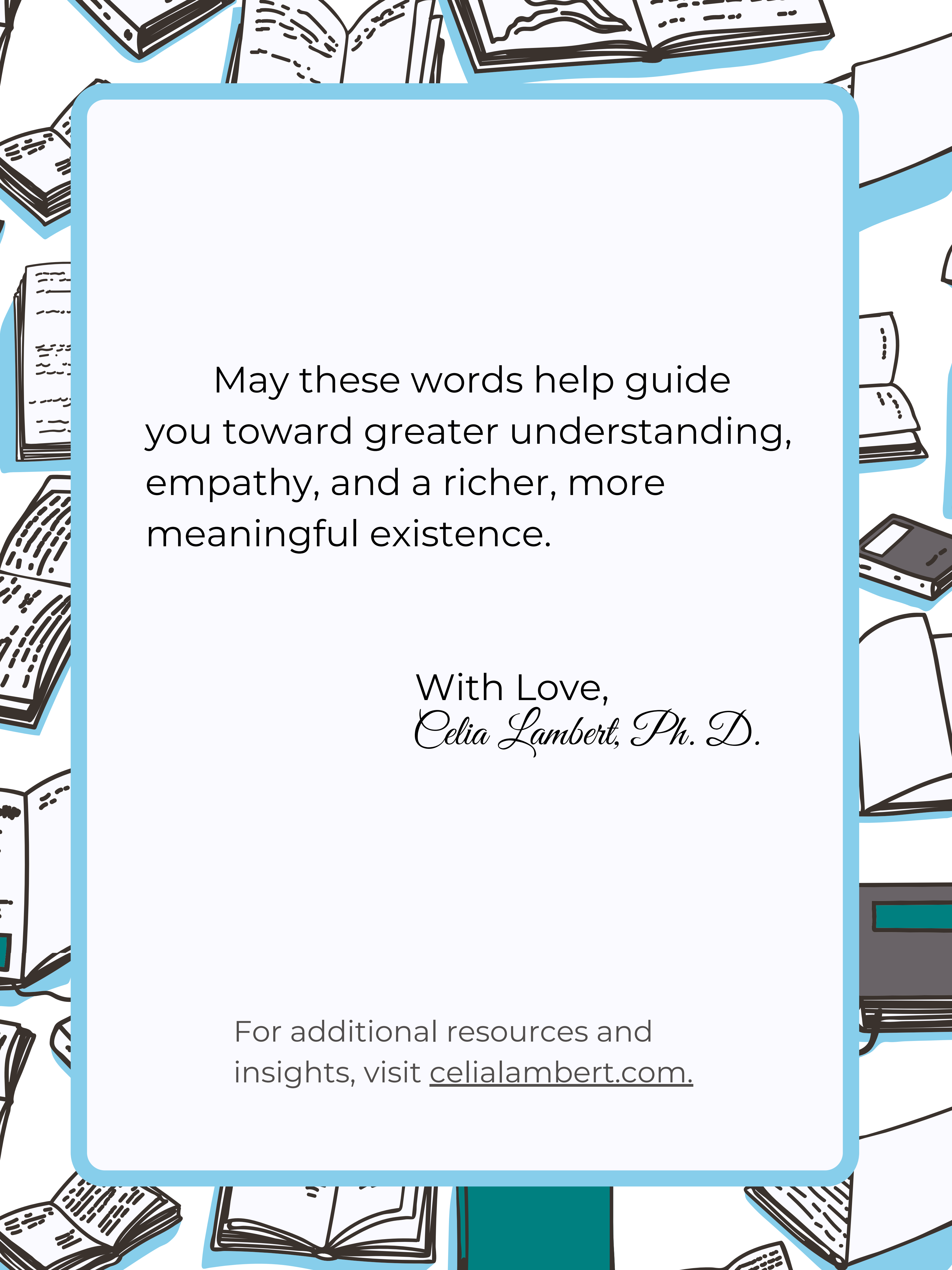
# THE LAW OF ATTRACTION

ESTER AND JERRY HICKS

The Hicks have created a foundational text for those interested in understanding and applying the principles of the Law of Attraction to manifest their dreams and live their best lives.







May these words help guide  
you toward greater understanding,  
empathy, and a richer, more  
meaningful existence.

With Love,  
*Celia Lambert, Ph. D.*

For additional resources and  
insights, visit [celialambert.com](http://celialambert.com).