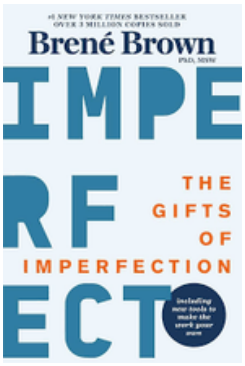
EVOLV coaching

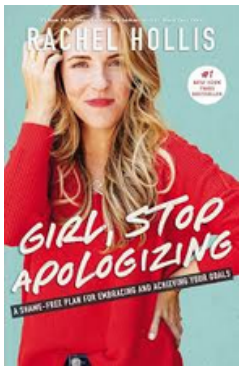
TOP 5
Recommended Books About Personal Development





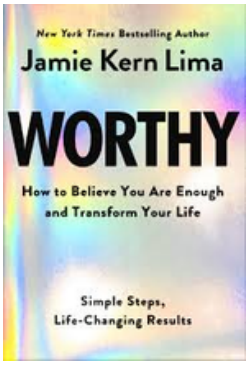
The Gifts of Imperfection
by Bréne Brown

A transformative guide that encourages readers to embrace their vulnerabilities, let go of perfectionism, and cultivate a wholehearted life rooted in courage, compassion, and connection.



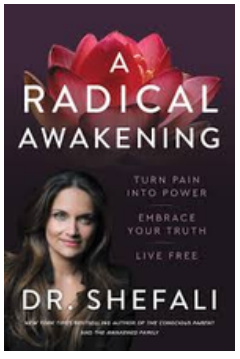
Girl, Stop Apologizing
by Rachel Hollis

Rachel Hollis empowers women to let go of societal expectations, stop apologizing for their ambitions, and unapologetically pursue their dreams with confidence and clarity.



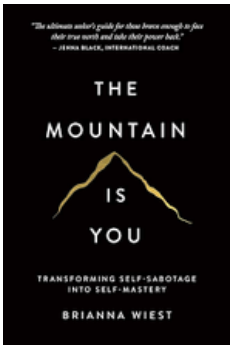
Worthy
by Jamie Kern Lima

A heartfelt guide that encourages women to embrace their innate worth, silence self-doubt, and step fully into their power to live authentically and confidently.



A Radical Awakening
by Dr. Shefali Tsabary

A transformative guide for women, urging them to break free from societal expectations, heal from past wounds, and awaken to their most authentic, empowered selves.



The Mountain is You
by Brianna Wiest

Explores the concept of self-sabotage, offering insight into how overcoming internal obstacles can lead to profound personal transformation and growth.

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