



Read Inspirational Writings

Inspirational writing can be supportive, uplifting, and encouraging. Consider the following:

- Read sacred text and poetry
- Subscribe to uplifting email lists that provide daily inspirational messages and quotes (*i.e. DailyGood.org, InnerPilotLight.com, Shift Happens, RobertHolden.org, Tut.com*)
- Read books that support your continued growth and personal discovery

Suggested Reading List:

- *A General Theory of Love*; Amini, Lannon & Lewis
- *The Essential Rumi*; Coleman Barks with John Moyne
- *101 Things I Wish I Knew When I Got Married*; Linda & Charlie Bloom
- *Inner Peace for Busy People*; Joan Borysenko, PhD
- *Transitions: Making Sense of Life's Changes*; William Bridges
- *Daring Greatly*; Brené Brown
- *When Things Fall Apart*; Pema Chodron
- *Your Heart's Desire*; Sonia Choquette, PhD
- *Journey Into Love*; Kani Comstock & Marisa Thame
- *Bouncing Back*; Linda Graham
- *Buddha's Brain*; Rick Hanson
- *Be Happy*; Robert Holden
- *There is Nothing Wrong With You*; Cheri Huber
- *Passionate Presence*; Catherine Ingram
- *A Path with Heart*; Jack Kornfield
- *The Hoffman Process*; Tim Laurence
- *Self-Compassion*; Kristin Neff
- *Mind Over Medicine*; Lissa Rankin
- *The Wisdom of the Enneagram*; Don Riso & Russ Hudson
- *The Four Agreements*; Don Miguel Ruiz
- *Mindsight: The New Science of Personal Transformation*; Daniel Siegel
- *The Power of Now*; Eckhart Tolle
- *House of Belonging*; David Whyte

Singing & Listening to Music

Singing is a beautiful practice that can alter your body and brain. When you sing, vibrations move through the very core of your body. It can help you release emotional blockages, make you cry, make you laugh, or feel good naturally.

The Soundtrack of Your Hoffman Journey

Our favorite songs from the Hoffman Process are now on Spotify. We have specially designed playlists to meet your mood, whether it's playful, meditative, or just wanting to reconnect to your Process.

To listen, go to: spotify.com/user/hoffmanprocess

Either log in to your existing Spotify account or, if you don't have a Spotify account, sign up for free. Click "Follow" Hoffman Process ... and enjoy!