

Caroline McKean, Lifestyle Coach 2016 Book List

January

[Rooms by James L Rubart](#)

February

[The Year of Cozy by Adrianna Adarme](#)

[The Gifts of Imperfection by Brené Brown](#)

March

[The Four Agreements by Don Miguel Ruiz](#)

[The Fifth Agreement by don Miguel Ruiz](#)

April

[Letting Go Of The Status Quo by Andria Corso and Julie Simmons](#)

May

[Beth Shaw's YogaFit 3rd Edition by Beth Shaw](#)

[Hold Me Tight: Seven Conversations for a Lifetime of Love Hardcover by Sue Johnson](#) (Audio)

[The Shift by Tory Johnson](#)

[The Orchid House by Lucinda Riley](#)

June

[Yogalosophy: 28 Days to the Ultimate Mind-Body Makeover by Mindy Ingber](#)

July

[The Lake House by Kate Morton](#) (read 361 pages in 4 days, therefore breaking my limiting belief that I am a slow reader)

August

[Jamaica Inn by Daphne Du Maurier](#)

[Fear to Flow by Andria Corso](#)

September

[Conscious Uncoupling: 5 Steps to Living Happily Even After by Katherine Woodward Thomas](#)

[The Alchemist by Paulo Coelho](#) (read this book in 5 hours, one evening)

[The 5 Levels of Attachment Don Miguel Ruiz Jr.](#)

October

[Change Your Thoughts - Change Your Life: Living the Wisdom of the Tao by Dr. Wayne W. Dyer](#)

[The Courage to be Yourself: A Women's Guide to Growing Beyond Emotional Dependence by Sue Patton Thoele](#)

November

[The American Heiress by Daisy Goodwin](#)

[The Subtle Art of Not Giving a Fuck Mark Manson](#) (Audible)

December

[Rising Strong: The Reckoning. The Rumble. The Revolution by Brené Brown](#)

[Radical Forgiveness by Colin Tipping](#)

Books I Started but Didn't Finish

[Quiet: The Power of Introverts in a World That Can't Stop Talking by Susan Cain](#)

[Grit: The Power of Passion and Perseverance by Angela Duckworth](#)

[Big Magic: Creative Living Beyond Fear by Elizabeth Gilbert](#)

[Zen and the Art of Motorcycle Maintenance: An Inquiry Into Values by Robert M. Pirsig](#)