

Healthy Love

My Top 20 Books For Healthy Love.

First up, my top ten for healthy SELF LOVE!

#1

Embracing Our True Self, Paul Ferrini.

Healthy Love starts with healthy love toward self. This is one of the best books I've read on inner healing! Paul Ferrini really explains well the process of healing, and how we got so clogged up in the first place.

#2

You Can Heal Your Life, Louise Hay

I consider Louise Hay to be my Fairy Godmother (if only in my dreams!). It was her gentle, powerful truth-telling that woke me up in my 20's and let me know that all the pain I was experiencing... was not only "heal-able," but it was also a pathway into my most authentic, loved-up self!

#3

Life Visioning, Michael Bernard Beckwith

When it comes to loving yourself, you gotta stop listening to your mind, and tune into something greater. In this book, one of my life's greatest teachers, Rev Michael BB walks you through this powerful process to start talking to (and living from) something higher!

#4

You Were Born For This, Chani Nicholas

If you're down for using Astrology as a tool for self-awareness, growth and revolutionary change, Chani is a MUST! In this potent book, she will help you learn about your original blueprint for this lifetime, and all that it means for you.

#5

The Mandala of Being, Richard Moss, MD

This is one of my most highlighted books. It is equal parts psychological and mystical. It will take you from understanding how you were wired in the human body, to how to access the truth of your being through the mystical body.

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#6

Come As You Are, Emily Nagoski, PHD

This is an eye-opening read on the science behind our sexuality. It is deeply inspiring, and encourages us all to know that we are already whole! A great read to understand and embrace how YOU do pleasure.

#7

Irresistibly Feminine, Zak Roedde

This is a perfect starter book for understanding polarity and how to step more fully into your feminine essence. Zak is a bit on the extreme side of this (and I do not agree with all his teachings), but this book is an easy read and will have you unburdening yourself of all that extra masculine weight you may be unconsciously carrying.

#8

Salt, Nayyirah Waheed

Something happens to me when I read the words of this poet... I heal, I explode into tears, I recognize parts of myself that have been hidden away out of fear or shame. She speaks of love, and heartbreak, and authenticity, and truth. She reminds us that we are lovable as we are.

#9

Love Without Conditions, Paul Ferrini.

This is the spiritual bitch-slap we all need on what love really is. And, of course, it's a channeling from Jesus. Love is not about being a door mat... love is powerful, inclusive of self, and love even can say, "no."

#10

Dear Lover, David Deida.

For Women, this book will help you understand that your feminine expression is beautiful and so desired by the masculine. Don't hide it... learn to fully BE it.

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My Top 20 Books For Healthy Love. And now, the deep dives on Healthy Love within partnership.

#1

Conscious Loving, Gay & Kathlyn Hendricks

A terrific read on the dynamics of a conscious partnership, with many exercises to explore. I actually have their co-commitments written on our fridge for Marco and I to see daily!

#2

Non-Violent Communication, Mitch Rosenthal

If you have any challenge with communication, THIS is an essential read. I often work with clients on the basics taught in this book: identify feelings, needs and requests. It's a game-changer!

#3

Psychology in Seattle, Dr Kirk Honda

OK, this isn't a book... but this is one of my favorite go-to resources for understanding underlying relational dynamics. You can find Dr. Honda on YouTube, or on iTunes, and listen to countless episodes on attachment wounding, childhood trauma, and basically any relationship dynamic that deserves our compassion and our healing. BONUS: He unpacks all the latest love shows from a compassionate and knowledgeable space ;-)

#4

Getting The Love You Want, Harville Hendrix

Creator of IMAGO work. This work is the keystone to identifying your wounded love blueprint. I do this work with each of my Healthy Love clients/students as it is PIVOTAL understanding.

#5

The Power of Attachment, Diane Poole Heller

Wanna get nerdy and truly understand why you're so anxious or avoidant within your relationships? This is an ESSENTIAL tool in self-understanding, and Diane Heller writes with incredible compassion.

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#6

Women Who Love Too Much, Robin Norwood

Do you have an overblown sense of responsibility within your partnerships? Do you over-give, to the detriment of your own needs and wants? Robin Norwood is here to give a powerful wake up call to women who love to much, as well as a 10-point recovery plan.

#7

The Five Love Languages, Gary Chapman

This simple book is legendary. It helps you to understand how you love and what you need to feel loved (same goes for your partner).

#8

Finding True Love, Daphne Kingma Rose

This is a beautiful, soul-centered book on calling in the one. Bonus: ANY of her books are gold!

#9

Cosmic Love, Jan Spiller

When you're ready for the mystical, this book unpacks how your Astrological North Node impacts your relationship. Plus, Jan Spiller is the Queen of Astro (before Chani was even born!).

#10

The Seven Principles for Making Marriage Work, John M.

Gottman, PH.D. John Gottman is THE relationship expert, having spent countless hours researching the science of what makes marriages work. If you are in a relationship crisis, I would turn to this book first as it gives countless insights and practices that can help you right away. ANY relationship can benefit from this book.

Hey, wanna talk about all this with other amazing souls? Join my FREE community, Julie Day's Sacred Love Hub.

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