



# MY NURSING BAG™

## READING LIST

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Here is a list of a few suggested readings that can help you on your self-care journey.

"The Power of Ted" by David Emerald

"Breaking the Habit of Being Yourself" by Dr. Joe Dispenza

"Living Forward" by Michael Hyatt & Daniel Harkavy

"10% Happier" by Dan Harris

"Meditations for a Miraculous Life" by Marianne Williamson

"The Alchemist" by Paulo Coelho

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