

AuthenticLiving  
EMBRACE YOUR  
INNER GODDESS  
*Reading List*



A guide to help you unlock your sacred feminine wisdom.



# The List

AuthenticLiving

This document serves as a collection of resources to begin your journey to reclaim your inner goddess. Authentic Living, LLC does not endorse any of the content within these resources and this information is meant solely to be for educational purposes. Enjoy!

With love and light,

*Muhle xo*

## Feminism

Gay, R. (2014). *Bad feminist: Essays*. Harper Perennial.

Bell, H. (2014). *Ain't I a woman: Black women and feminism*. (2nd Ed). Routledge.

Chollet, M. (2023). *In defense of witches: the legacy of the witch hunts and why women are still on trial*. Griffin.

Kendall, M. (2021). *Hood feminism: Notes from the women that a movement forgot*. Penguin Books.

Levy, A. (2006). *Female chauvinist pigs: Women and the rise of raunch culture*. Free Press.

## Self-Help

Chemaly, S. (2019). *Rage becomes her: The power of women's anger*. Atria.

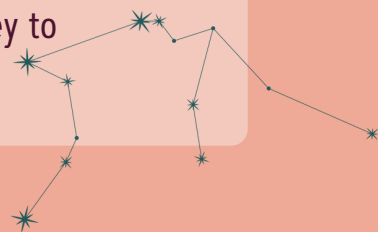
Estés, C., P. (1996). *Women who run with the wolves: Myths and stories of the wild woman archetype*. Ballantine Books.

Loehnen, E. (2023). *On our best Behavior: The seven deadly sins and the price women pay to be good*. The Dial Press.

Murdock, M. (2020) *The heroine's journey workbook: A map for every woman's quest*. Shambhala.

Bolen, J., S. (2014). *Goddesses in everywoman: Powerful archetypes in women's lives*. Harper Paperbacks.

Blackie, S. (2019). *If women rose rooted: A life-changing journey to authenticity and belonging*. September Publishing.





Health

Ehrenreich, B. & English, D. (2005). *Bias towards women in healthcare for her own good: Two centuries of the experts advice to women*. Anchor.

Ehrenreich, B. & English, D. (2010). *Witches, midwives, and nurses: A history of women healers*. (2nd Ed). The Feminist Press at CUNY.

Hazard, L. (2023). *Womb: The inside story of where we all began*. Ecco.

Perez, C., C. (2021). *Invisible women: Data bias in a world designed for men*.

Harry N. Abrams



Body Image

Given, F. (2021). *Women don't owe you pretty*. Andrews McMeel Publishing.

Stanley, J. (2017). *Every body yoga: Let go of fear, Get on the mat, love your body*. Workman Publishing Company.

Taylor, S., R. (2021). *The body is not an apology: The power of radical self-love*. Berrett-Koehler Publishers.

Wolf, N. (1991). *The beauty myth: How images of female beauty are used against women*. William Morrow & Co.



Girlhood

Choate, L. (2015). *Swimming upstream: Parenting girls for resilience in a toxic culture*. Oxford University Press.

Nakazawa, J., D. (2022). *Girls on the brink: Helping our daughters thrive in an era of increased anxiety, depression, and social media*. Harmony.

Wiseman, R. (2016). *Queen bees and wannabes: Helping your daughter survive cliques, gossip, boys, and the new realities of girl world*. (3rd Ed). Harmony.



Fiction

Barnhill, K. (2023). *When women were dragons: A novel*. Anchor.

Yonder, R. (2021) *Nightb\*tch: A novel*. Doubleday.

Gilman, C., P. (2018). *The yellow wallpaper*. Martino Fine Books. Reprint of 1892 Edition.

Woolf, V. (1989). *A room of one's own*. Mariner Books Classics. Reprint of 1929.

