

# LIFE UNFILTERED

*Heal That Sh!t*

## We Heal That Sh!t Book List

### Recommendations by Bianca:

The Let Them Theory - [Mel Robbins](#)

Power Moves: Ignite Your Confidence and Become a Force - [Sarah Jakes Roberts](#)

Forgiving What You Can't Forget - [Lysa Terkeurst](#)

After The Rain - [Alexandra Elle](#)

This Was Meant To Find You - [Charlotte Freeman](#)

Authentically, Uniquely You - [Joyce Meyer](#)

Set Boundaries, Find Peace: A Guide to Reclaiming Yourself - [Nedra Glover Tawwab](#)

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Drama Free: A Guide to Managing Unhealthy Family Relationships - **Nedra Glover Tawwab**

## **Recommendations by Kimberland:**

Boundaries: When to Say Yes, How to Say No To Take Control of Your Life - **Henry Cloud & John Townsend**

Break the Cycle: A Guide to Healing Intergenerational Trauma - **Dr. Mariel Buque**

Sisterhood Heals: The Transformative Power of Healing in Community - **Dr. Joy Harden Bradford**

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies - **Resmaa Menakem**

Feeding the Soul (Because It's My Business): Finding Our Way to Joy, Love, and Freedom - **Tabitha Brown**

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Professional Troublemaker: The Fear-Fighter Manual: Luvvie  
Ajayi Jones