

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