



Recommended Readings

Apart from my own [blog](#) articles, sharings on my [Facebook page](#) and soon-to-come book, here are some of the books and blogs that changed my life for you to explore:

Understanding your symptoms

- Rüdiger Dahlke: Krankheit als Weg (The healing power of illness)
- Louise Hay: You can heal your life

Real Food Nutrition

- Sally Fallon: Nourishing Traditions
- William Wolcott: The Metabolic Typing Diet
- [Chris Kresser's blog](#) at <https://chriskresser.com/> (strong focus also on Functional Medicine)

Sustainability & Climate Change

- The Ecotechnic Future
- Judith Schwartz: Cows save the planet
- Anita Idel: Die Kuh ist kein Klimakiller
- Cowspiracy Debunked: <https://ethicalomnivore.org/cowspiracy-debunked/>

Mind-Body-Nutrition & Eating Psychology

- Deanna Minnich: Whole Detox
- Anita Johnston: Eating in the Light of the Moon
- Marc David: The Slow Down Diet
- Marc David: Nourishing Wisdom
- Mary O' Malley: The Gift of our Compulsions



Fertility, Preconception, Pregnancy & Birth

- Sara Gottfried: The Hormone Cure
- M. Lam: Adrenal Fatigue Syndrome
- Danica Thornberry: Stick it to me Baby
- Crista Orrechio: How to conceive naturally after 30
- Sally Fallon: The Nourishing Traditions Book for Baby and Childcare
- Katherine Erlich: Super Nutrition for Babies
- Elizabeth Davis: Orgasmic Birth
- Katharine Graves: The Hypnobirthing Book
- Catherine Shainberg: Dream Birth

Relationships & Sexuality

- Osho: The Tantra Experience
- Nathaniel Branden: Psychology of Romantic Love
- Nicole Daedone: Slow Sex
- Henry Grayson: Mindful Loving
- Byron Katie: Loving what is
- Dossie Easton: The Ethical Slut
- Cacilda Jethá and Christopher Ryan: Sex at Dawn
- Diana Richardson: Tantric Orgasm for Women
- Margot Anand: The Art of Sexual Ecstasy

Feminine Energy & Sexuality

- Clarissa Pinkola Estes: Women who run with the wolves
- Anita Johnston: Eating in the Light of the Moon
- David Deida: Dear Lover
- Regena Thomashauer: Pussy – A reclamation
- Jean Shinoda Bolen: Goddesses in Everywoman
- Naomi Wolf: Vagina
- Sheri Winston: Women's Anatomy of Arousal: Secret Maps to Buried Pleasure

Masculine Energy

- David Deida: The Way of the Superior Man
- Jean Shinoda Bolen: Gods in Everyman



Self-Esteem, Courage & Vulnerability

- Nathaniel Branden: The Six Pillars of Self-Esteem
- Brené Brown: The Gifts of Imperfection
- Brené Brown: Daring Greatly
- Brené Brown: Braving the Wilderness

Abandonment Recovery

- Susan Andersen: The Abandonment Recovery Workbook

Spirituality

- Michael A. Singer: The Untethered Soul
- Michael A. Singer: The Surrender Experiment
- Eckhart Tolle: The Power of Now
- Dale Carnegie: How to stop worrying and start living
- Paulo Coelho: The alchemist
- Kahlil Gibran: The prophet
- William Paul Young: The Hut – Conversation with God

Exercise

- Mark Sisson: Primal Endurance

Work

- The Four-Hour Workweek

Inspiring Stories (also nice for kids)

- Jorge Bucay: Let me tell you a story (Dejame que te cuente / Komm ich erzähl dir eine Geschichte)