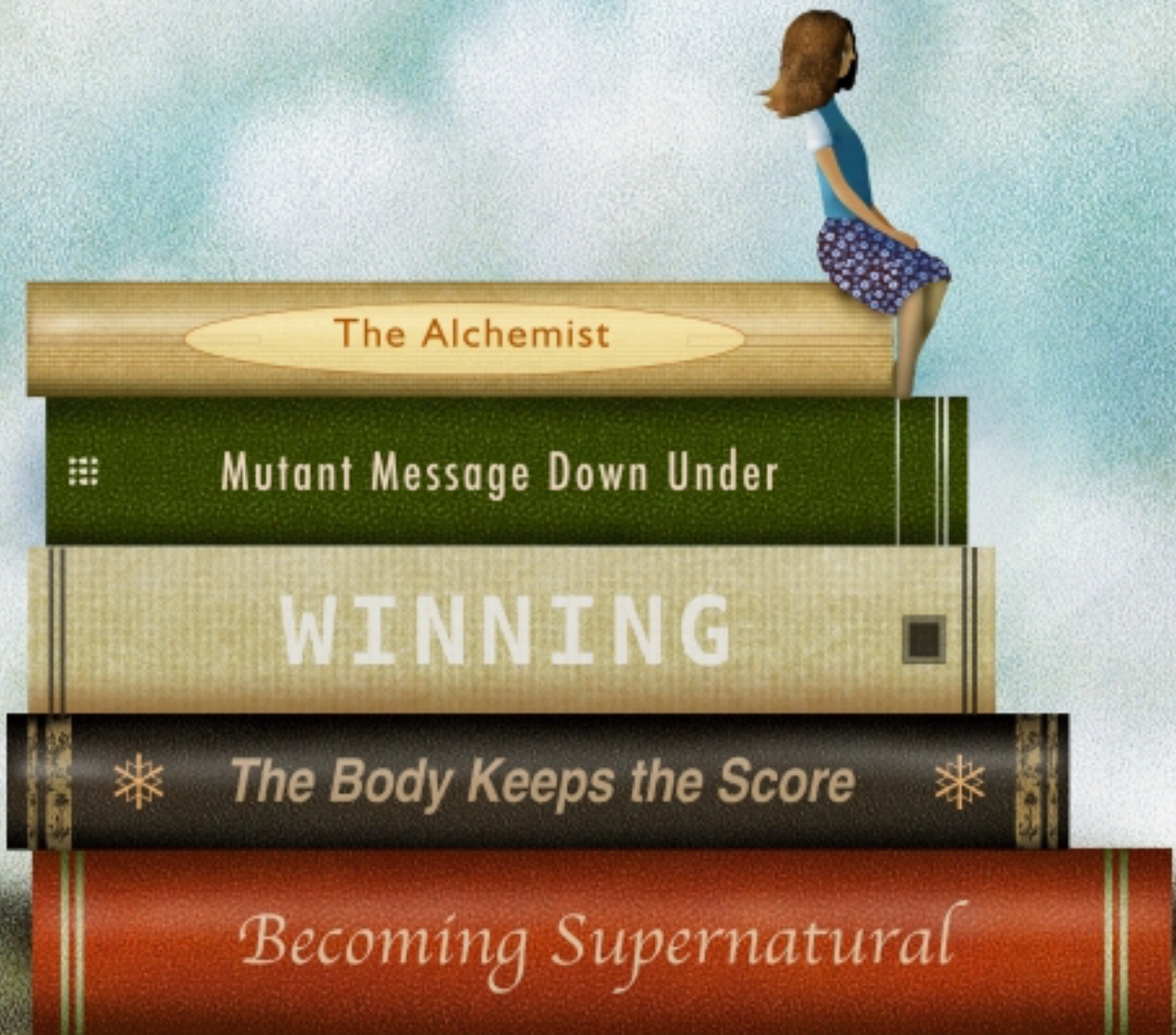


6 of My Favorite Books for Healing and Transformation



6 OF MY FAVORITE BOOKS FOR HEALING AND TRANSFORMATION

Dear friend,

A couple years after losing my oldest son, it became clear to me that I would not only survive but could also learn to live again. At some point, it was a choice.

Slowly but surely, as my heart began to heal, I became increasingly curious about the process of human transformation. I started reading hundreds of books on the topic and discovered a variety of authors, teachers, and researchers with both modern and ancient perspectives to share.

Here are my go-to favorite books that found me exactly when I needed them. I hope they find you at the exact right time too.

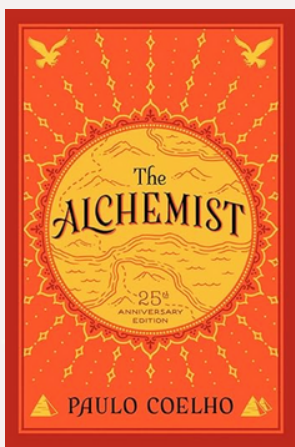


*From my heart to
yours,*

Nikki

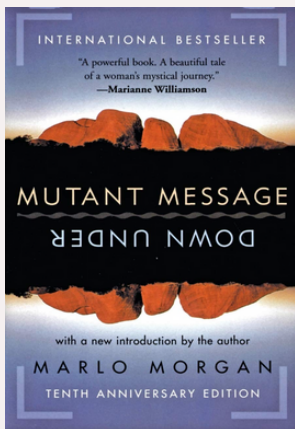
6 OF MY FAVORITE BOOKS FOR HEALING AND TRANSFORMATION

1



There's a good reason this book has sold over 150 million copies worldwide. Haven't we all been told that "life is about the journey?" This simple yet profound story reminds us to find the courage to live the life we truly want. Otherwise, what's the point? Be transformed as you follow a shepherd boy's travels from Spain to Egypt in search of a great treasure. Along the way, we are encouraged to trust our own hearts the same way this boy learns to trust his. As millions of others have, I read this story decades earlier in my life. But after my loss, I interpreted this story with new eyes, and found it spoke to my heart in new ways. I hope it does the same for you.

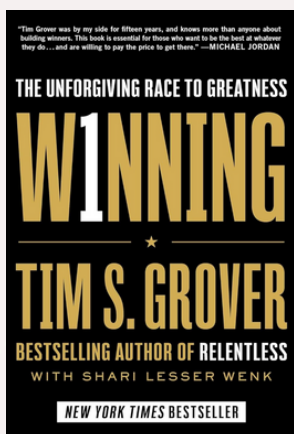
2



This book may be fiction (no one knows for sure!), but it feels like the truth. I first discovered this story in my mid-twenties, but I recently reread it to see if it holds up. It does! This book introduces key spiritual principles through a magical story about a woman who spends time with a remote tribe in Australia and finds herself embarking on an unexpected journey of human transformation. I recommend this story for readers of all ages (and especially young adults) who are searching for more meaning and perspective in life.

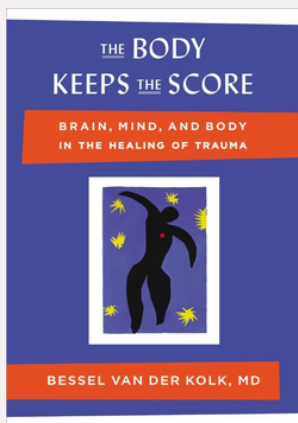
6 OF MY FAVORITE BOOKS FOR HEALING AND TRANSFORMATION

3



We all want to win at life, and Tim Grover certainly knows what it takes because he has trained some of the world's most famous "winners"—including Kobe Bryant and Michael Jordan. In this entertaining and inspiring book, Grover teaches the mindset required to achieve what we want out of life. He also breaks down what it takes to grow, transform, and stay committed to our dreams during the best and worst of times. *Winning* motivated me to dig deeper and strive higher, especially on days when all I wanted to do was quit. I highly recommend this book for men, women, and teens who are in need of some inspiration and tough love.

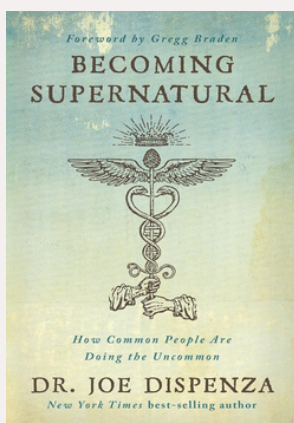
4



Last time I checked, this book was on the *New York Times* bestseller list for more than 141 weeks since its release. It is a must-read for *everyone*. Van Der Kolk describes what happens when we suppress emotions and pain inside our bodies, and offers ways to prevent them from manifesting into complicated illnesses and disease. Written by a trauma expert and supported by both science and ancient spiritual practices, *The Body Keeps the Score* is a strong wake-up call, reminding us that our emotional, physical, and mental well-being are truly one.

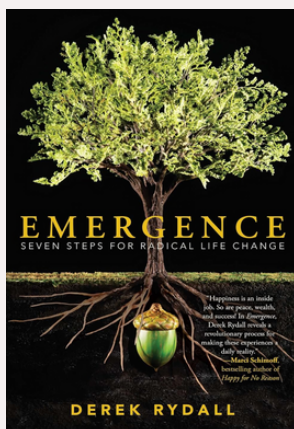
6 OF MY FAVORITE BOOKS FOR HEALING AND TRANSFORMATION

5



I had never heard of author and speaker Joe Dispenza (or any of the principles he teaches) before a friend recommended this book to me a few years after my son passed away. At that time, I did not understand the power our thoughts have to change our reality. While my thoughts can't bring my son physically back into this world, they have helped me stay connected to him and create a meaningful life moving forward. For anyone who is on a journey of healing and human transformation—whether by circumstance or by choice—this book is incredibly enlightening and offers life-changing perspectives I wish I had learned much earlier in life.

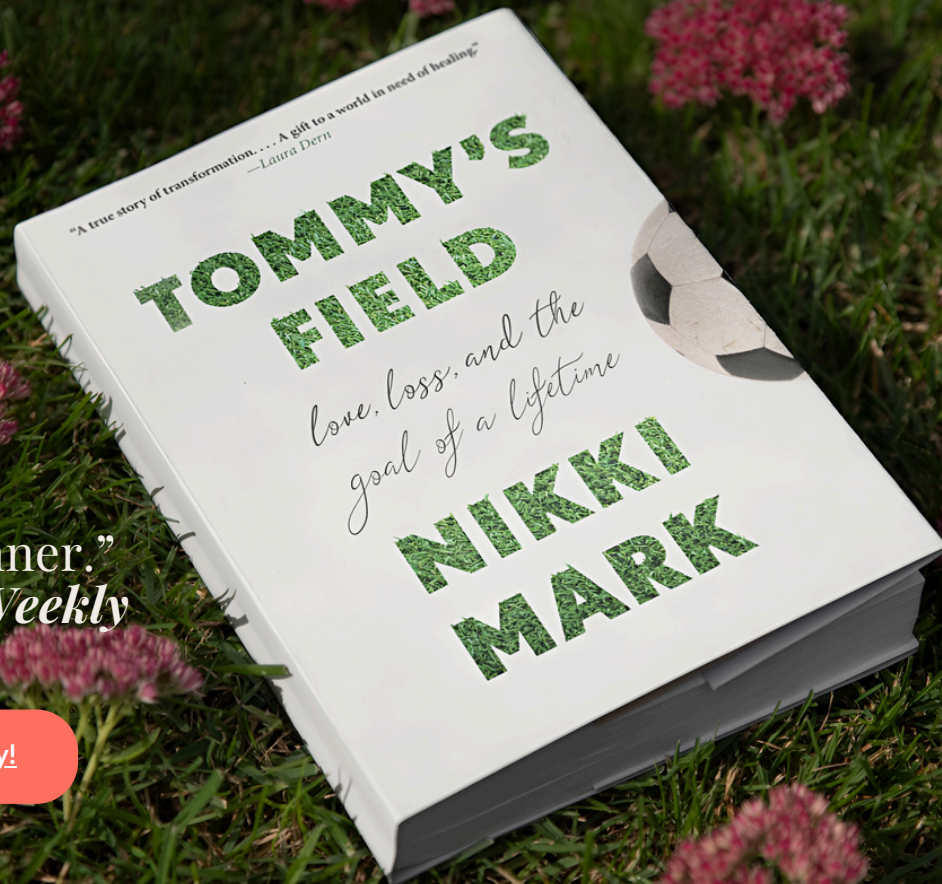
6



I discovered *Emergence* only a few years ago, and it has become my new favorite “self-help” type-book on human transformation. Derek Rydall understands human loss. He has experienced some of the most—if not *the* most—challenging obstacles a human being can face. His system of change is enlightening and empowering, and he offers specific steps readers can take to grow and transform from the inside out. *Emergence* offers a mindset that has benefited me in countless ways, and I'm hopeful that no matter what your circumstances are, it will benefit you too.



Sometimes what brings us the most pain can be the very source of our greatest inspiration.



“This is a winner.”
Publisher's Weekly

[Get your copy today!](#)

**100% of author's proceeds are being donated to build more Tommy's Fields.*

In 2018, Nikki Mark's twelve-year-old son Tommy went to sleep one night and never woke up. Devastated, Nikki embarked on an unconventional journey to honor Tommy by building his legacy and healing her heart.

From raising over \$1,000,000 to build an athletic field in Tommy's name, to taking on big city politics, to exploring alternative healing modalities from meditation to mushrooms, Nikki now shares her intimate story of navigating grief with love and action – and a little coaching from beyond.



NIKKI MARK formerly developed and led operations for music, hospitality and sports team start-ups. She is the Founder of the [TM23 Foundation](#), which opened the first Tommy's Field in 2021, the second one in 2023—and now has a third field in the planning stages. Her weekly articles, alternative healing toolkit, and free resources can be found at [Nikkimark.com](#). She lives in Los Angeles with her husband, son, and dog Ginger.

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