

## Inspiration from the Pages of Life

Treasured books to share with your clients

Sometimes a picture is worth a thousand words. Sometimes a thousand words that are read at the right time can transform your life. I urge my clients to use books as a regular part of our coaching work, knowing a timely phrase will surprise them into shifting the course of their lives.

I weeded through the myriad of books that line my shelves and found four that have been most useful to my clients as we navigate together the waters of creating fun, intentional change. I rarely go a day myself without reading from one of these books or their kindred spirits. My copies are dog-eared, filled with notes and papers, well loved and well used. Some of them I read cover to cover while others I intuitively dip into for daily reminders, little messages that keep me awake to the learning and the beauty in this present moment.



### **The Excuse Me, Your Life Is Waiting Playbook** by Lynn Grabhorn.

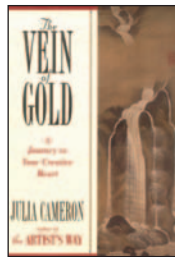
Though much has been written about manifesting the basic principles from

which we create our lives, I have not found a more entertaining or practical guide than this.

Its companion book, *Excuse Me, Your Life Is Waiting* is filled with Lynn's own personal stories of failures and successes. She is refreshingly honest about what a stretch it *really* is to focus on what we want.

In her *Playbook*, Lynn takes us through a course on how to create exactly the life we want, by staying focused on our 'Wants,' being really clear about our 'Don't Wants' and developing vigilant practices with our negative and positive thinking and feelings.

This is the book that I give to the clients whom I believe are really ready to live their dream life.

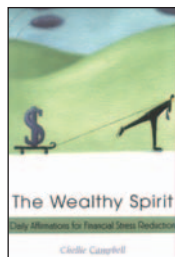


### **The Vein of Gold** by Julia Cameron

At the heart of this book, and its predecessor *The Artist's Way*, is the premise that we are all highly creative beings. The

author introduces us to the simple but powerful practice of daily journal writing to unlock our creative powers.

Cameron looks at many aspects of life and uses fabulously fun exercises and words of wisdom to teach us how to tap into our creative nature. I recommend this book to clients when I hear them doubting their creative abilities.



### **The Wealthy Spirit** by Chellie Campbell

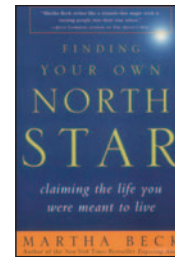
I have read almost every self-help book there is about money. For the most part I have found them very useful. It

took me years to discover that I had

to have my own money system.

Creating individualized systems is the work I do with my clients when the subject of money comes up, as it invariably does during a coaching relationship.

For that reason I love recommending *The Wealthy Spirit*. This book is filled with Campbell's own stories of her experiences as an entrepreneur, which makes it especially helpful for those facing entrepreneurial challenges.



### **Finding Your Own North Star** by Martha Beck

When it comes to telling stories that point us to a better understanding of ourselves and the world

around us, I know of no one I trust and enjoy more than Martha Beck.

Though the media proclaims her to be a life coach, she came to it as she has most everything else in her life — in a very unconventional way. She reminds us that we must first “live it to give it,” and then she shows us the way.

I find it truly powerful to use books to invite a host of wise spirits, allies, truth-tellers and transformational guides into our coaching conversations.

It's a lot of fun to be in such good company. ●

*Kat Kehres, CPCC, is an author and a relationship coach in Hollywood, CA.*