



Welcome to Connect & Reflect Book Club!

ActivXchange Launched this offering in September 2018 and has been gathering community and welcoming new members since. Interested in checking out the books we've read to date, we've listed all titles and authors below.

All are welcome to join!

New book selections are chosen every 2 months. With each selection, Becca Marshall, Integrative Healthcare Practitioner and Founder of ActivXchange hosts two events. Learn more & get connected on our website: www.activxchange.com



We look forward to connecting and reflecting with YOU!

Connect & Reflect Book Club Reading List:

1. Radical Acceptance, by Dr. Tara Brach
2. Ikigai, by Hector Garcia & Francesc Miralles
3. Mindset, by Carol Dewck
4. A New Earth, by Eckhart Tolle
5. The Truth About Food, by Dr. David Katz
6. The Surrender Experiment, by Michael Singer
7. The Miracle of Water, by Masaru Emoto
8. The Biology of Belief, by Dr. Bruce Lipton
9. Lifeonaire, by Steven Cook & Shaun McCloskey
10. The Upside of Stress, by Dr. Kelly McGonigal
11. Atomic Habits, by James Clear
12. No Mud, No Lotus, by Thich Nhat Hanh
13. Belonging, by Toko-pa Turner
14. Drinking, by Caroline Knapp
15. Letting Go, by Dr. David Hawkins
16. Braiding Sweetgrass, Dr. Robin Wall Kimmerer