



Thrive Tribe Book Club Picks

2024 (Part 1)

Curated by: *Keystatton*

JAN

Get Good with Money: Tiffany Aliche

Tiffany Aliche was a successful pre-school teacher with a healthy nest egg when a recession and advice from a shady advisor put her out of a job and into a huge financial hole. As she began to chart the path to her own financial rescue, the outline of her ten-step formula for attaining both financial security and peace of mind began to take shape. These principles have now helped more than one million women worldwide save and pay off millions in debt, and begin planning for a richer life.

FEB

Build the life you want: Arthur Brooks & Oprah Winfrey

With insight, compassion, and hope, Brooks and Winfrey reveal how the tools of emotional self-management can change your life—immediately. They recommend practical, research-based practices to build the four pillars of happiness: family, friendship, work, and faith. And along the way, they share hard-earned wisdom from their own lives and careers as well as the witness of regular people whose lives are joyful despite setbacks and hardship. You can get happier. And getting there will be the adventure of your lifetime.

MAR

On Our Best Behaviour: The Price Women Pay to be good: Elise Loehnen

*A groundbreaking exploration of the ancient rules women unwittingly follow in order to be considered "good," illuminating a path toward a more balanced, spiritually complete way to live. Women congratulate themselves when they resist the doughnut in the office break-room. They celebrate their restraint when they hold back from sending an e-mail in anger. They put others' needs ahead of their own and believe this makes them exemplary. In *On Our Best Behavior*, journalist Elise Loehnen explains that these impulses--often lauded as unselfish, distinctly feminine instincts--are actually ingrained in women by a culture that reaps the benefits*

APR

The Conscious Parent: Shefali Tsabary

Conscious parenting is about becoming mindful of your behaviour and engaging with your child as an individual. Dr Tsabary inspires parents to get back in touch with their emotions and shed the layers of baggage they have inherited during their own life and are unconsciously heaping on their children and raise happy, well-adjusted adults. Oprah described the book as 'The most profound book on parenting I've ever read' and Eckhart Tolle has said 'becoming a conscious parent is the greatest gift you can give your child.'

MAY

How to say Babylon: Safiya Sinclair

Throughout her childhood, Safiya Sinclair's father, a volatile reggae musician and militant adherent to a strict sect of Rastafari, became obsessed with her purity, in particular, with the threat of what Rastas call Babylon, the immoral and corrupting influences of the Western world outside their home. He worried that womanhood would make Safiya and her sisters morally weak and impure, and believed a woman's highest virtue was her obedience.

JUN

For the Love of Men - A new vision for mindful masculinity: Liz Plank

*In *For the Love of Men*, author Liz Plank offers a smart, insightful, and deeply researched guide for what we're all going to do about toxic masculinity. For both women looking to guide the men in their lives and men who want to do better and just don't know how, *For the Love of Men* will lead the conversation on men's issues in a society where so much is changing but gender roles have remained strangely stagnant. What are we going to do about men? Plank has the answer--and it has the possibility to change the world for men and women alike.*



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