



# Thrive Tribe Book Club Picks

## 2024 (Part 2)

Curated by: *Keystattoninson*

JUL

### 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.*

AUG

### The Year of Yes - Shonda Rhimes

*“Honest, raw, and revelatory” (The Washington Post), this wildly candid and compulsively readable book reveals how the mega talented Shonda Rhimes finally achieved badassery worthy of a Shondaland character. Best of all, she “can help motivate even the most determined homebody to get out and try something new”*

SEP

### Half of a Yellow Sun - Chimamanda Ngozi Adiche

*Epic, ambitious, and triumphantly realized, Half of a Yellow Sun is a remarkable novel about moral responsibility, about the end of colonialism, about ethnic allegiances, about class and race—and the ways in which love can complicate them all. Adichie brilliantly evokes the promise and the devastating disappointments that marked this time and place, bringing us one of the most powerful, dramatic, and intensely emotional pictures of modern Africa that we have ever had.*

OCT

### How to do the work: Nicole LePera

*A revolutionary approach to healing that harnesses the power of the self to produce lasting change. This book offers both a manifesto for SelfHealing as well as an essential guide to creating a more vibrant, authentic, and joyful life. Drawing on the latest research from a diversity of scientific fields and healing modalities, Dr. LePera helps us recognize how adverse experiences and trauma in childhood live with us, resulting in whole body dysfunction—activating harmful stress responses that keep us stuck engaging in patterns of codependency, emotional immaturity, and trauma bonds. Unless addressed, these self-sabotaging behaviors can quickly become cyclical, leaving people feeling unhappy, unfulfilled, and unwell.*

NOV

### No Bootstraps when you're barefoot: Wes Hall

*Wes Hall spent his early childhood in a zinc-roofed shack, one of several children supported by his grandmother. That was paradise compared to the two years he lived with his verbally abusive and violent mother; at thirteen, his mother threw him out, and he had to live by his wits for the next three years. Now one of Canada's most successful business leaders, the founder of the BlackNorth Initiative and the newest and first Black Dragon in the Dragon's Den his a rags-to-riches story carries a profound message of hope and change.*

DEC

### Untamed - Glennon Doyle

*NAMED ONE OF THE BEST BOOKS OF THE YEAR BY O: The Oprah Magazine, The Washington Post, Cosmopolitan, Marie Claire, Bloomberg, Parade. Untamed will liberate women—emotionally, spiritually, and physically. It is phenomenal - exploring the joy and peace we discover when we stop striving to meet others' expectations and start trusting the voice deep within us.*



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