

# Women's Forum Likes Books & Podcasts from Our Community

*We are grateful for the inputs we received from women in our community and are delighted to share them! While the holidays are busy, there is nothing like an escape and reading a book or listening to a podcast.*

*And we've included hyperlinks to our 2023 programs where you'll find additional resources to support you and your journey to cultivate joy, meaning and purpose in your life.*

*We look forward to seeing you in the new year! Our warmest wishes, Barbara & Nancy*

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## WOMEN'S FORUM COMMUNITY RECOMMENDATIONS

### BOOKS – FICTION

- Apples Never Fall – by Leanne Moriarty
- The Authenticity Project – by Clare Pooley
- Demon Copperhead – by Barbara Kingsolver
- Finding Me – by Viola Davis
- The House of Eve – by Sadeqa Johnson
- Lessons in Chemistry – by Bonnie Garmus
- The Lincoln Highway – by Amor Towles
- Mad Honey – by Jodi Picoult and Jennifer Finney Boylan
- The Music Shop – by Rachel Joyce
- The Night Burns Bright – by Ross Barkan
- The Personal Librarian – by Marie Benedict
- Remarkably Bright Creatures – by Shelby Van Pelt
- Small Mercies – by Dennis Lehane
- Tom Lake – by Ann Patchett
- Yellowface – by R. F. Kuang

### BOOKS – NON-FICTION

- Clarity & Connection – by Yung Pueblo
- CONNECT: 100 Ways to Create Happiness in Your Life – by Dr. Julie Radlauer (WF panelist)
- Designing Your Life: How to Build a Well-Lived, Joyful Life – by Bill Burnett & Dave Evans
- First – by Sandra Day O'Connor
- The Modern Management Mentor – Christine Sandman Stone (in our WF community)
- The Perfectionist's Guide to Losing Control: A Path to Peace and Power – by Morgan Schafler



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- Real Self-Care: A Transformative Program for Redefining Wellness (Crystals, Cleanses, and Bubble Baths Not Included) – by Pooja Lakshmin MD
- The Way Forward – by Yung Pueblo

## PODCASTS

- We Can Do Hard Things – with Glennon Doyle
- Women at Work – from HBR
- Office Flip Flops with Francesca Zampaglione
- On Being – with Krista Tippett
- Wiser than Mev – with Julia Louise Dreyfus
- Find Your Clear Vision – with Lisa Guillot (2x WF speaker)
- The Mel Robbins Podcast – with Mel Robbins
- Any interview with Yung Pueblo

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## WOMEN'S FORUM 2023 PROGRAM RECOMMENDATIONS

### Program: [Managing Midlife: Purpose, Rediscovery & What Comes Next](#)

#### BOOKS/ARTICLES:

- From Strength to Strength – by Arthur Brooks
- [10 Tips to Design What's Next For You](#) – by Mary Wallace Jaensch
- From the Barre to the Boardroom | Choreographing Business Success Through Authentic Relationships – by Ivy Slater (panelist)

### Program: [Women & Risk: Changing the Narrative](#)

#### BOOKS:

- Simple Habits for Complex Times: Powerful Practices for Leaders – by Jennifer Garvey Berger
- Choose Possibility: Take Risks and Thrive (Even When You Fail) – by Sukhinder Singh Cassidy
- How Women Decide – by Therese Huston
- The Gray Rhino: How to Recognize and Act on the Obvious Dangers We Ignore – by Michele Wucker (panelist)
- You Are What You Risk: The New Art and Science of Navigating an Uncertain World – by Michele Wucker (panelist)



# Women's Forum Likes

## Books & Podcasts from Our Community

**Program: [How Nutrition Impacts Your Well-being and Longevity](#)**

- BOOK: A Silent Fire: The Story of Inflammation, Diet, and Disease – by Shilpa Ravella
- PODCAST: The Flipping 50 Show, Debra Atkinson (2024 panelist)

**Program: [Processing Loss, Managing Your Mindset & Moving Forward](#)**

- TED Talk: Bruce Keiler: [The Secret to Mastering Life's Biggest Transitions](#)

BOOKS

- Life Is in the Transitions: Mastering Change at Any Age – by Bruce Feiler
- Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead – by Tara Mohr
- You Can Heal Your Heart: Finding Peace After a Breakup, Divorce, or Death – by Louise Hay & David Kessler
- Finding Meaning: The Sixth Stage of Grief – by David Kessler

**Program: [Enjoying Financial Freedom: The Power to Pursue What's Next](#)**

VIDEOS/TED TALKS:

- TED Talk: [How to Overcome Fear](#) – Trevor Ragan
- VIDEO: [Build The Life You Want Conversation](#) – with Arthur Brooks and Oprah Winfrey

BOOKS:

- The Power of Regret – by Dan Pink

**Program: [Ask Like an Auctioneer](#)**

BOOK: Ask Like an Auctioneer (2023 WF Speaker) – by Dia Bondi (speaker)

**Program: [Landing a Board Seat: What No One's Telling You!](#)**

Other resources identified.

**Program: [Innovations & Trends in Philanthropy: Opportunities to Amplify Your Impact](#)**

Other resources identified.

