

KNOW *Her* SELF Reading List

*A curated reading list for women on the journey of
self-discovery*

WELCOME TO THE



Welcome to the **KNOW HerSELF Reading List** — a living, curated reading guide for women who are ready to evolve from the inside out.

This is not a random list of “self-help” books.

This guide is a **thoughtful collection of books** that have the power to change how you see yourself, how you think, and how you move through your life. Each recommendation is here for a reason — to support your inner work, your clarity, your self-mastery, and your becoming.

This is not about consuming information. It's about **becoming a different woman** through what you choose to let shape your mind.

How This Guide Works

This guide is **viewable online and downloadable** for your personal use.

This is a **living guide**. As I continue reading, learning, and discovering powerful books, I will **update this guide over time**.

The same link you received will always show the **most current version**.

So think of this not as a one-time purchase, but as a **growing library** you can return to again and again.

Click [HERE](#) for the Updated Live Link

How to Use This Guide

You don't need to read everything at once.

Follow your **season**

Follow your **curiosity**

Follow what feels **relevant to where you are right now**

Some books will meet you where you are.

Some will stretch you.

Some will change you.

That's the *point*.

Becoming is not a performance.

It's a **practice.**

And this guide is here to walk that path *with* you.

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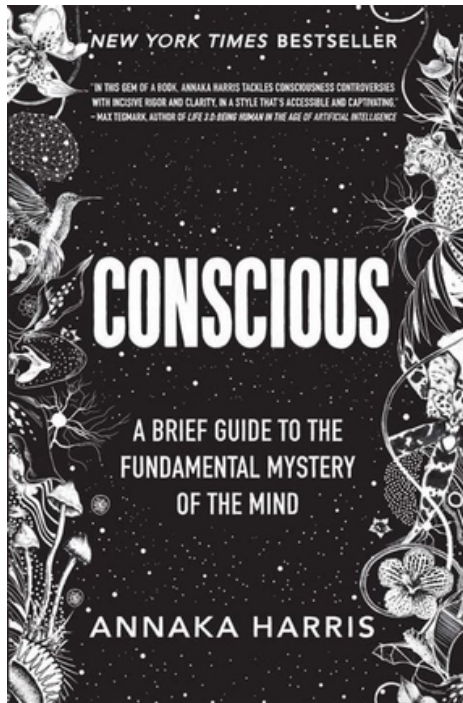
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Identity & Self- Concept

Who you believe you are quietly shapes every decision you make, every standard you tolerate, and every life you build.

The books in this section focus on **identity, self-image, and self-concept**. They are not about surface-level motivation. They are about changing the *internal story* you live from. When your identity changes, your behavior, choices, and direction change naturally.

If you want to become a different woman, this is where the work starts.



Conscious

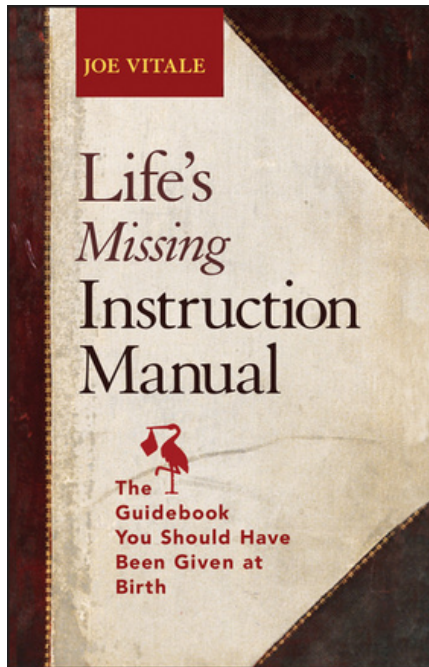
— Annaka Harris

Why it's here:

This book challenges how you understand consciousness, identity, and the sense of “self.” It gently destabilizes the idea that you are only what you think you are, and opens the door to a deeper, more expansive understanding of being.

Best for:

If you're questioning who you really are beneath your thoughts, roles, and stories.



Life's Missing Instruction Manual

— Joe Vitale

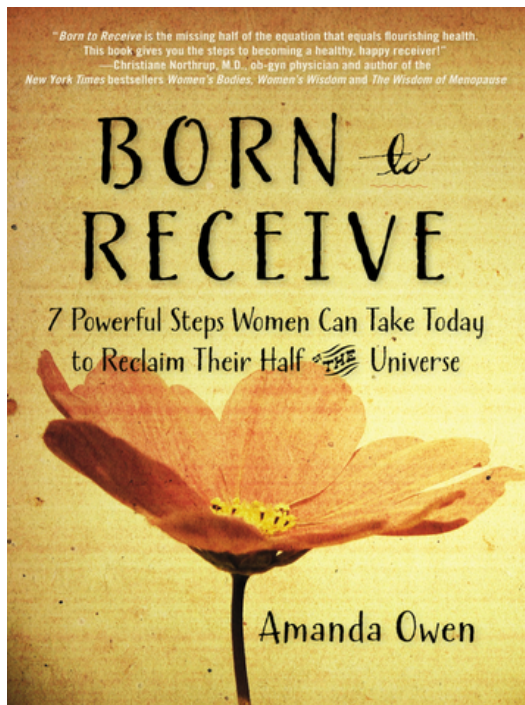
Why it's here:

This book reframes how you see yourself, your responsibility, and your role in creating your life. It supports a shift from passive living to conscious self-authorship.

Best for:

If you're stepping into taking ownership of your life and identity.

"More recommendations coming in this section..."



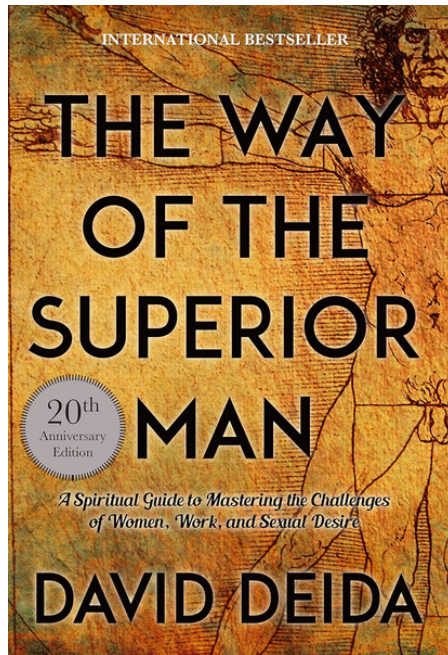
Born to Receive — Amanda Owen

Why it's here:

This book reframes worthiness, receiving, and self-concept, especially for women who are used to over-giving and over-functioning. It helps shift identity from “the one who earns rest and support” to “the one who is inherently worthy of it.”

Best for:

If your identity is wrapped up in doing, proving, or over-performing.



The Way of the Superior Man

— David Deida

Why it's here:

This book challenges identity, purpose, and how you relate to your mission, relationships, and inner direction. Even though it's written for men, it offers powerful insight into polarity, purpose, and living from a deeper center.

Best for:

If you're rethinking purpose, direction, and what it means to live from your core.



Becoming — Michelle Obama

Why it's here:

This is a grounded, honest look at identity as an evolving process rather than a fixed destination. It shows how a woman becomes herself through seasons, pressure, and change without losing her core.

Best for:

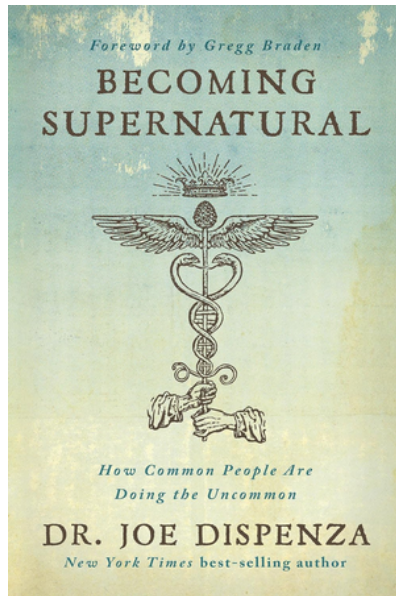
If you're in a season of transition and redefining who you are.

Emotional Intelligence & Inner Regulation

Your emotional world shapes your relationships, your decisions, and your capacity to stay grounded under pressure.

The books in this section focus on **emotional awareness, nervous system regulation, and emotional maturity**. This is about learning how to feel without being ruled by your feelings, how to respond instead of react, and how to build a calmer, more stable inner life.

This is the work that makes growth sustainable.



Becoming Supernatural

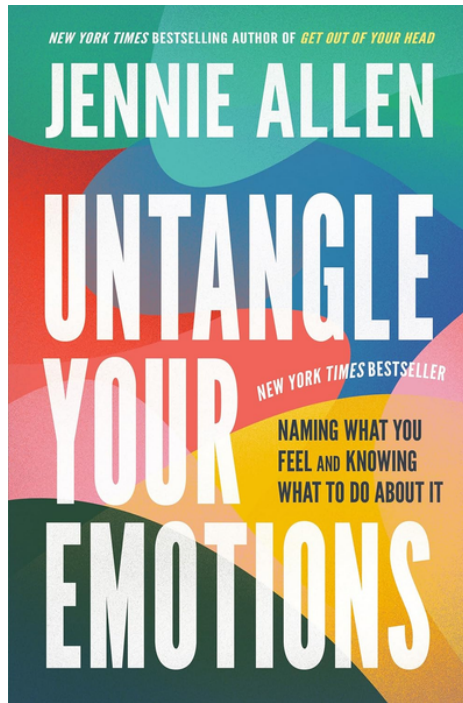
— Dr. Joe Dispenza

Why it's here:

This book connects emotions, the nervous system, and the body, and shows how emotional states become physical patterns over time. It helps you understand how stress, fear, and elevated emotions shape your biology—and how changing your inner state can literally change how you experience life.

Best for:

If you want to understand the connection between your emotional state, your body, and your long-term patterns.



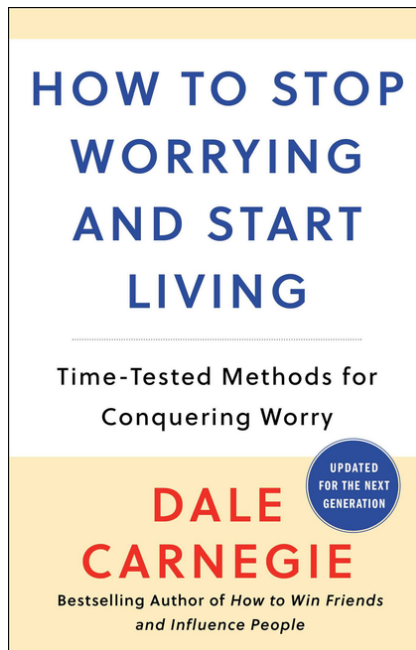
Untangle Your Emotions — Jennie Allen

Why it's here:

This book helps you identify, name, and understand your emotions instead of being overwhelmed by them. It gives language to internal experiences and helps turn emotional confusion into emotional clarity and maturity.

Best for:

If you feel emotionally scattered, reactive, or unsure what you're actually feeling



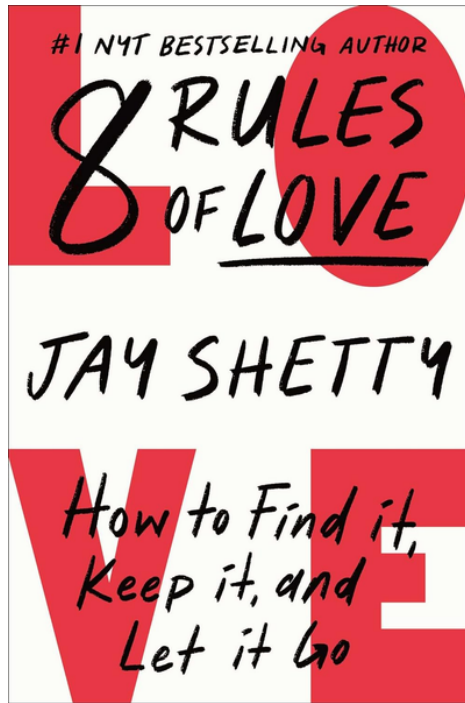
How to Stop Worrying and Start Living — Dale Carnegie

Why it's here:

This book teaches practical ways to recognize, interrupt, and manage chronic worry and anxious thinking. It helps build emotional steadiness by changing how you relate to stress, uncertainty, and mental pressure.

Best for:

If anxiety, overthinking, or chronic worry dominate your emotional world.



8 Rules of Love

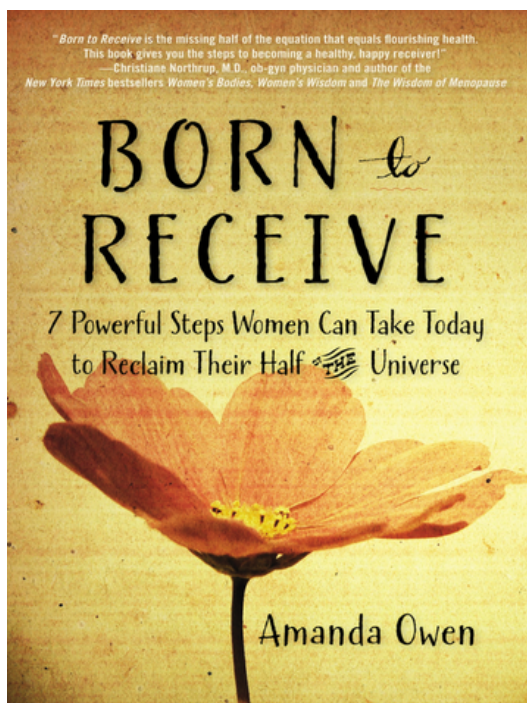
— Jay Shetty

Why it's here:

This book explores emotional patterns in relationships, attachment, and self-awareness. It helps you see how your inner emotional world shapes the way you connect, react, and relate to others.

Best for:

If you want healthier emotional patterns in relationships and in how you relate to yourself.



Born to Receive

— Amanda Owen

Why it's here:

Beyond identity work, this book also helps regulate the nervous system by reframing safety, support, and rest. It speaks directly to women who live in a chronic state of over-giving, tension, or emotional self-neglect.

Best for:

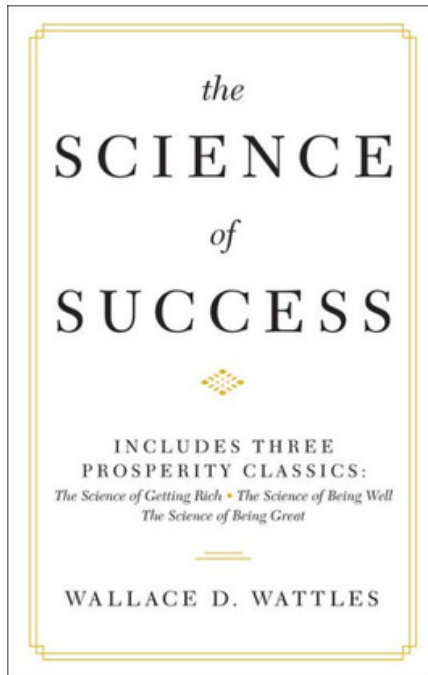
If you struggle to relax, receive support, or feel safe slowing down.

Discipline, Order & Self-Mastery

Becoming the woman you want to be requires more than insight. It requires **structure, consistency, and self-respect.**

The books in this section focus on building **discipline, order, and personal standards.** This is about learning how to keep promises to yourself, how to create rhythms that support your life, and how to move from intention to embodiment.

This is the work that turns potential into reality.



The Science of Success

— Wallace D. Wattles

Why it's here:

This book focuses on principles, systems, and ways of thinking that produce consistent results. It reinforces the idea that success is less about bursts of motivation and more about structure, order, and disciplined ways of operating.

Best for:

If you want to build a more systematic, repeatable approach to progress and success.

OVERCOME PROCRASTINATION &
BOOST YOUR PRODUCTIVITY

THE ART OF LAZINESS

Library Mindset

The Art of Laziness — Library Mindset

Why it's here:

This book reframes productivity, effort, and efficiency, focusing on doing what matters instead of staying busy. It supports building a more intentional, sustainable approach to discipline and structure.

Best for:

If you're tired of burnout and want a smarter, simpler way to stay consistent.



Daniel H. Pink



NEW YORK TIMES—bestselling author of
DRIVE and *TO SELL IS HUMAN*



When

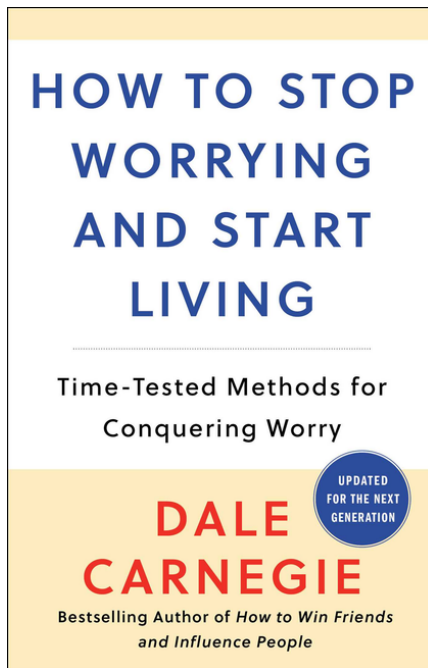
— **Daniel Pink**

Why it's here:

This book shows how timing, energy, and natural rhythms affect performance, focus, and discipline. It helps you work with your biology instead of against it, which makes consistency and structure much easier to sustain.

Best for:

If you struggle with follow-through, energy management, or working at the wrong times.



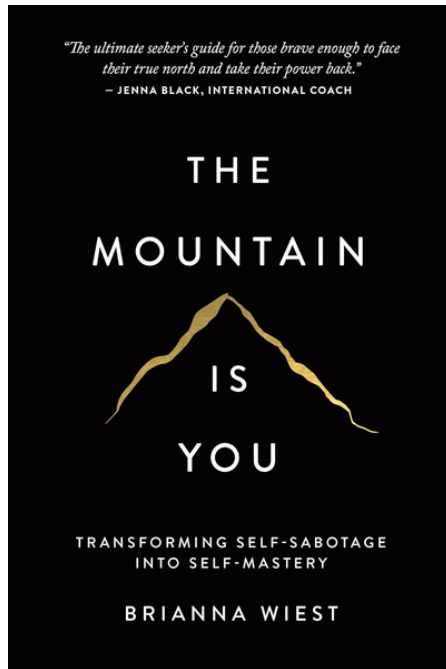
How to Stop Worrying and Start Living — Dale Carnegie

Why it's here:

This book addresses chronic worry, mental stress, and the emotional habits that drain energy and focus. It supports self-mastery by helping you reduce mental noise and reclaim the attention and calm needed for consistent action.

Best for:

If anxiety, overthinking, or stress keeps you from following through on what you know you should do.



The Mountain Is You

— Brianna Wiest

Why it's here:

This book focuses on self-sabotage, emotional patterns, and the internal resistance that keeps you stuck. It helps connect inner blocks to outer inconsistency and teaches self-mastery from the inside out.

Best for:

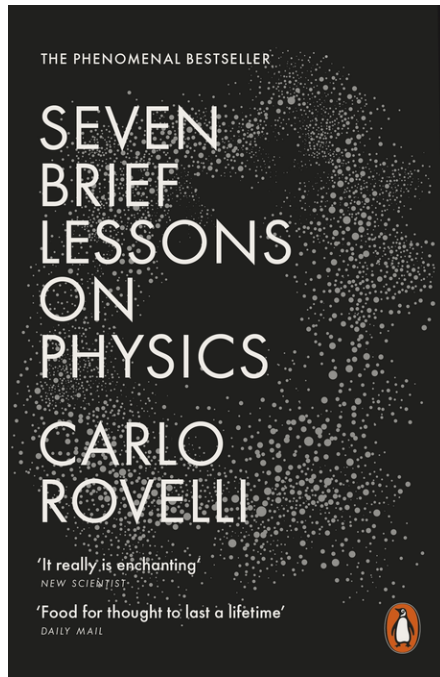
If you keep getting in your own way or breaking promises to yourself.

Thinking, Perspective & Mental Clarity

How you think determines what you notice, what you believe is possible, and how you interpret your life.

The books in this section focus on **improving your thinking, sharpening your perspective, and reducing mental distortion.** This is about learning how to see more clearly, think more accurately, and make better decisions from a calmer, more grounded mind.

Clarity is a form of power.



Seven Brief Lessons on Physics

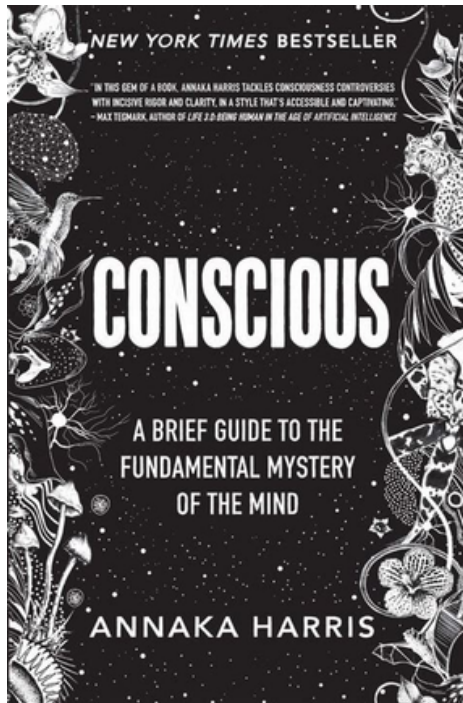
— Carlo Rovelli

Why it's here:

This book expands your sense of reality, time, space, and what is actually “solid” or fixed. It humbles rigid thinking and helps loosen overly simplistic or rigid worldviews.

Best for:

If you want to stretch your mind and see the world with more nuance and depth.



Conscious

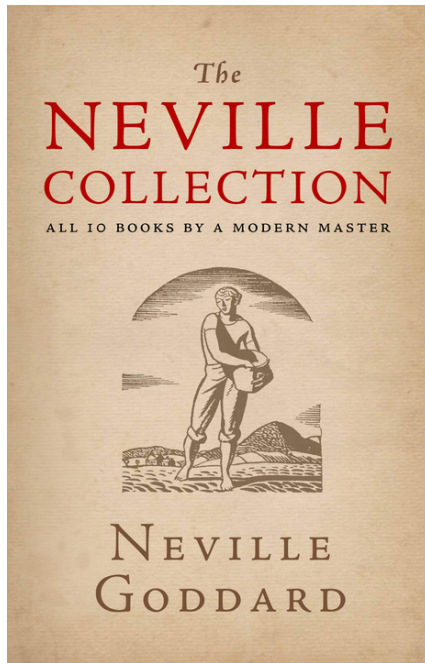
— Annaka Harris

Why it's here:

This book challenges what you think consciousness is and what it means to be a “self.” It gently dissolves rigid ideas about identity and perception and invites more open, flexible thinking.

Best for:

If you're questioning the nature of awareness, identity, and reality itself.



The Neville Collection

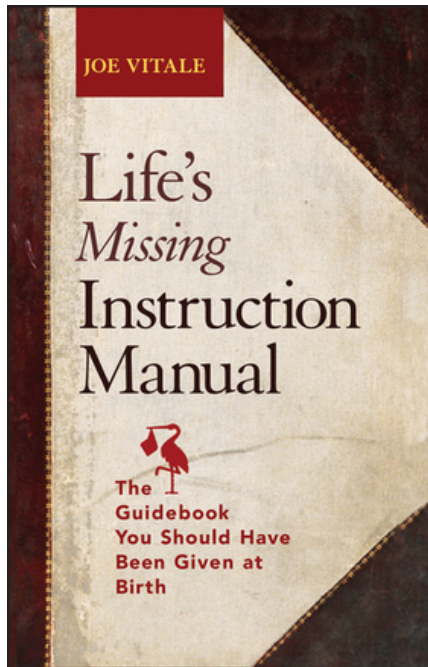
— Neville Goddard

Why it's here:

These teachings fundamentally change how you understand reality, consciousness, and the relationship between inner assumptions and outer experience. They challenge passive thinking and train you to see thought, belief, and imagination as causal forces.

Best for:

If you want to rethink how reality works and take responsibility for your inner world.



Life's Missing Instruction Manual

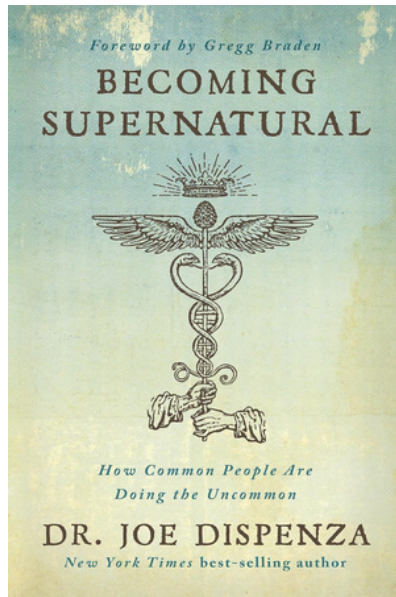
— Joe Vitale

Why it's here:

This book reframes responsibility, cause and effect, and how you relate to your life circumstances. It helps shift thinking from victimhood to conscious authorship.

Best for:

If you want a more empowered and responsible way of interpreting your life.



Becoming Supernatural

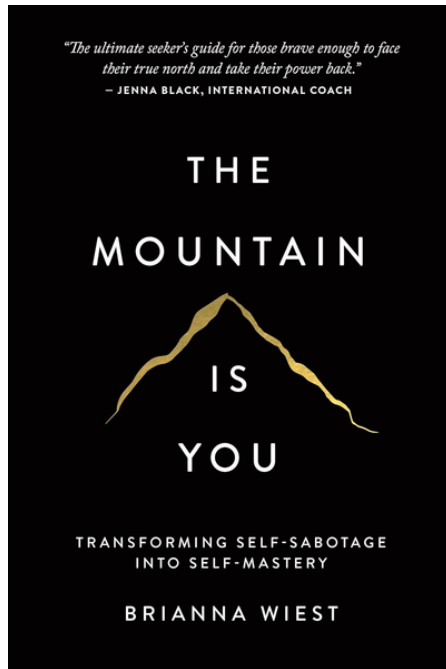
— Dr. Joe Dispenza

Why it's here:

This book reframes the relationship between mind, body, emotion, and reality, and challenges material-only ways of thinking. It expands how you think about possibility, change, and human potential.

Best for:

If you want to rethink what is possible for your mind, body, and life.



The Mountain Is You

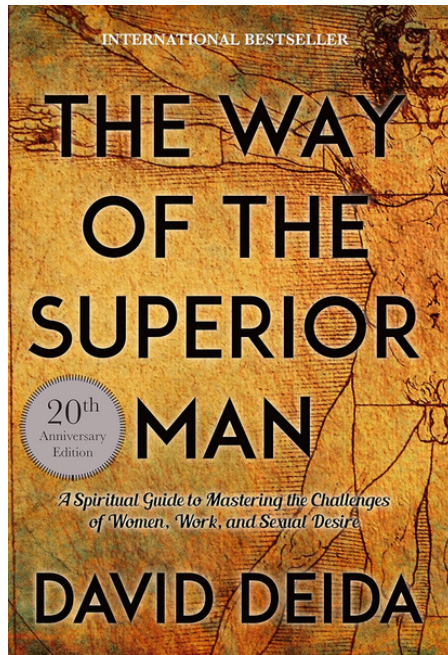
— Brianna Wiest

Why it's here:

This book helps you see how your thinking patterns, emotional habits, and unconscious beliefs create self-sabotage. It builds clarity around how your inner world shapes your results.

Best for:

If you want more awareness of your own mental and emotional patterns.



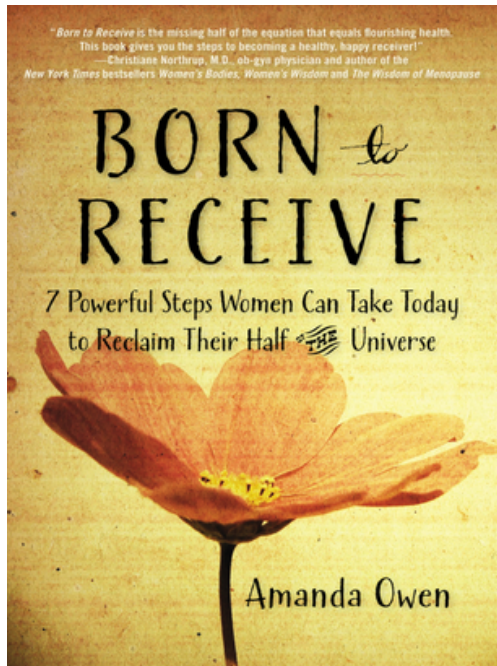
The Way of the Superior Man — David Deida

Why it's here:

This book challenges conventional thinking about purpose, polarity, presence, and direction in life. It pushes you to examine your deeper motives and your relationship to mission and meaning.

Best for:

If you're rethinking purpose, direction, and what it means to live from your core.



Born to Receive

— Amanda Owen

Why it's here:

Beyond emotional and identity work, this book also reframes how you think about worth, support, and what is “allowed” to come to you in life. It challenges scarcity-based thinking patterns.

Best for:

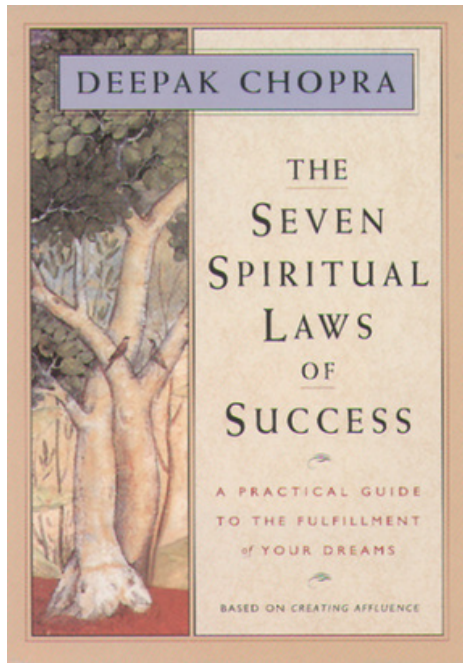
If your mindset is shaped by over-efforting, proving, or difficulty receiving.

Wealth, Work & Personal Power

Your inner world shapes your outer results — especially in money, work, and the life you build.

The books in this section focus on **wealth, value creation, responsibility, power, and agency**. This is not about quick wins or hustle culture. It's about developing the mindset, standards, and long-term thinking required to build a stable, capable, and self-directed life.

This is where inner work becomes visible in the world.



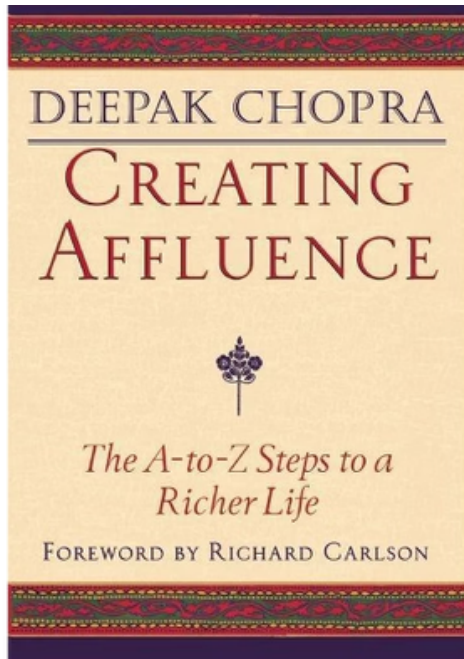
The Seven Spiritual Laws of Success — Deepak Chopra

Why it's here:

This book focuses on success as alignment, flow, and right relationship with life rather than force. It shifts how you think about effort, power, and achievement.

Best for:

If you want to build success without burnout or constant struggle.



Creating Affluence

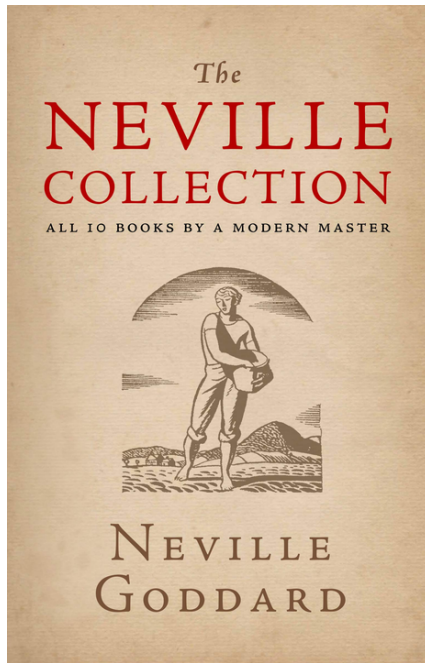
— Deepak Chopra

Why it's here:

This book reframes wealth as something that starts in consciousness, not just strategy. It connects abundance, intention, and inner alignment to outer prosperity.

Best for:

If you want a more holistic, inner-to-outer understanding of wealth.



The Neville Collection

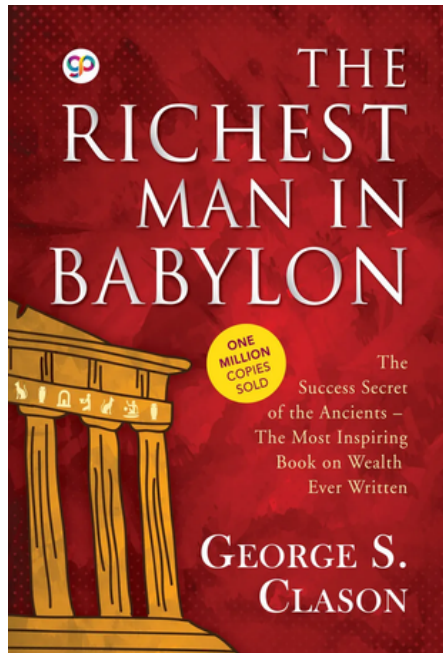
— Neville Goddard

Why it's here:

These teachings connect consciousness, assumption, and belief to results and outcomes. They position inner state as the primary driver of external success.

Best for:

If you want to understand how inner assumptions shape money, work, and results.



The Richest Man in Babylon

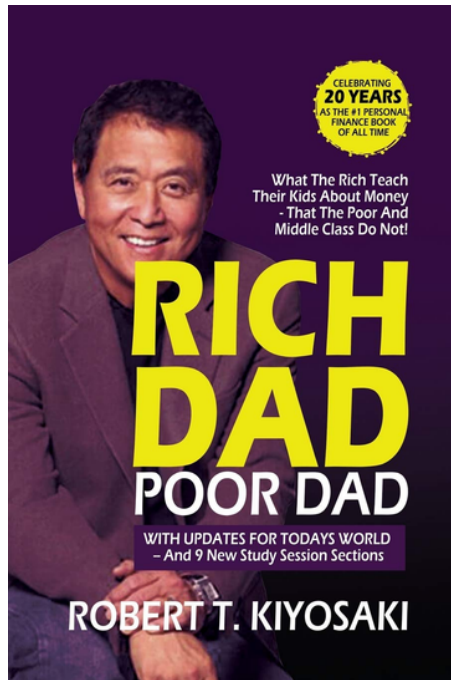
— George S. Clason

Why it's here:

This is a foundational book on money, saving, investing, and financial wisdom told through simple parables. It teaches timeless principles about stewardship, discipline, and building wealth slowly and wisely.

Best for:

If you want a grounded, no-nonsense foundation for managing and growing money.



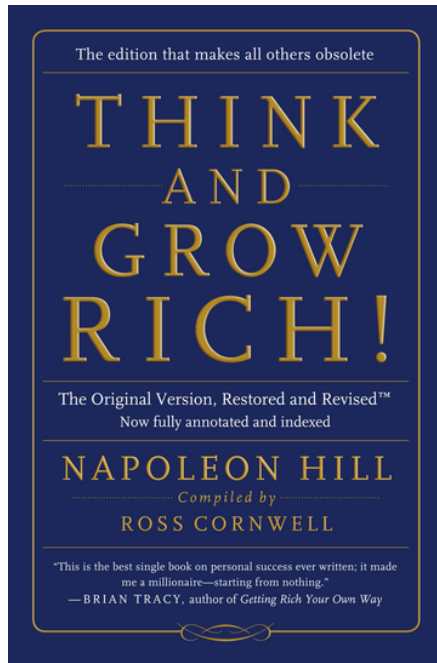
Rich Dad Poor Dad — Robert Kiyosaki

Why it's here:

This book reframes how you think about money, assets, work, and financial independence. It challenges the employee mindset and introduces investor thinking.

Best for:

If you want to shift how you think about money, work, and financial freedom.



Think and Grow Rich

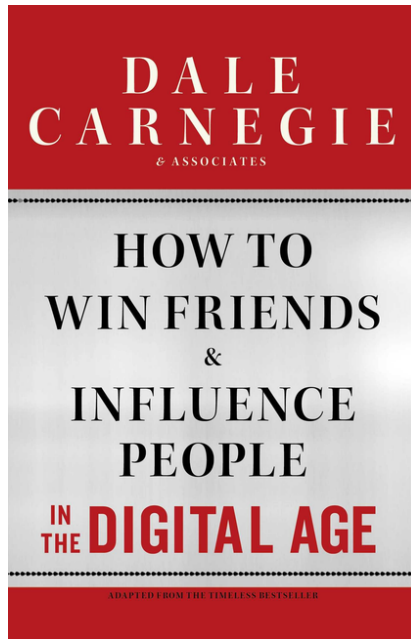
— Napoleon Hill

Why it's here:

This is a classic on mindset, purpose, persistence, and wealth creation. It focuses on the mental and behavioral foundations of long-term success.

Best for:

If you want to build a success-oriented mindset and long-term vision.



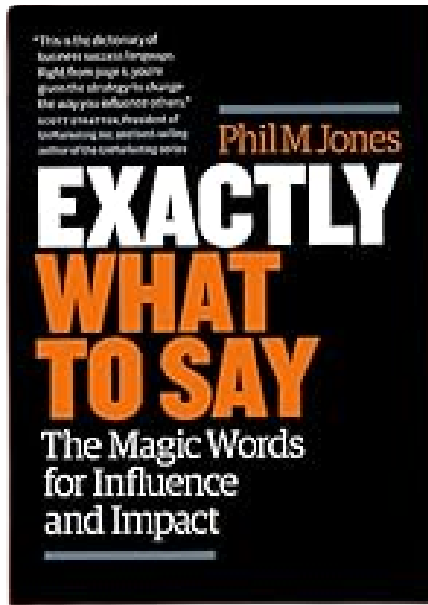
How to Win Friends and Influence People in the Digital Age — Dale Carnegie

Why it's here:

This book teaches timeless principles of influence, communication, and human nature applied to modern life. It's essential for anyone building relationships, business, or leadership.

Best for:

If you want more influence, better relationships, and stronger social intelligence.



Exactly What to Say

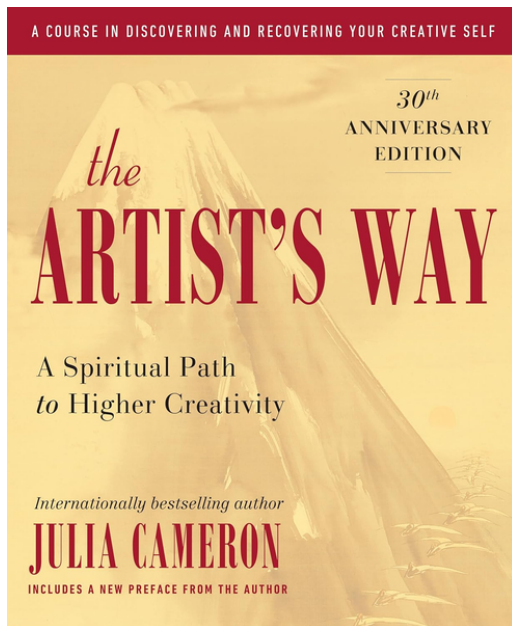
— Phil M. Jones

Why it's here:

This book focuses on the power of words in decision-making, persuasion, and leadership. It helps you communicate more clearly, confidently, and effectively.

Best for:

If you want to improve how you speak, sell, or lead.



The Artist's Way

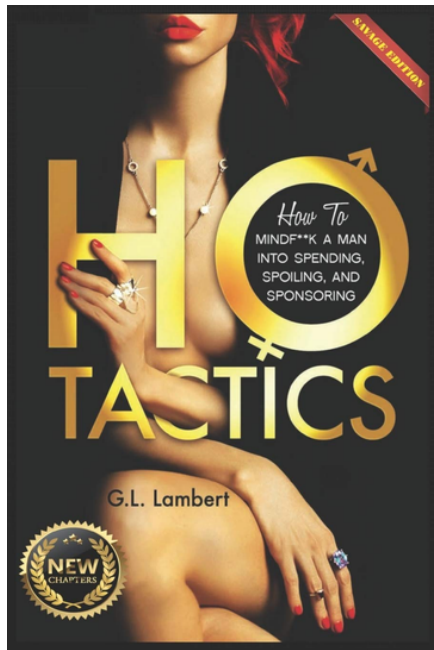
— Julia Cameron

Why it's here:

This book helps unblock creativity, confidence, and self-trust. It supports personal power by helping you reclaim your voice, your ideas, and your sense of possibility.

Best for:

If you feel creatively blocked or disconnected from your own expression.



HO Tactics

— G.L. Lambert

Why it's here:

This book focuses on power dynamics, strategy, and social leverage. It sharpens awareness around how influence actually works in real life, not just in theory.

Best for:

If you want to become more socially aware, strategic, and less naive about power.

A Note on Updates

The KNOW HerSELF Reading List is a living guide.

As I continue to read, learn, and discover new books, I will **continue to update this guide** with new recommendations, new sections, and deeper commentary. The same link you received will always lead you to the **most current version**.

So you don't need to "finish" this guide.

You can return to it in new seasons of your life and find what fits who you are becoming next.

A Final Word

Becoming is not something you rush.

It's not a performance.

It's not a checklist.

It's a **practice**.

Some of these books will meet you gently.

Some will challenge you.

Some will change you in quiet ways you won't
notice until later.

That's how real growth works.

I hope this guide supports you on your path.

Ready to go deeper?

This reading list is the beginning. If these books are stirring something in you, that is not an accident. It means you are ready for more than inspiration -- you are ready for the actual work.

Here is what is available when you are:

The Know Herself Guide -- \$47

A three-part digital guide covering identity, feminine energy, and relationships. This is the structured framework for women who are done drifting and ready to build a life that actually fits who they are. Available now at knowherself.co.

1-on-1 Sessions with Victoria

For the woman who wants personalized guidance. We work through what is specific to you -- your patterns, your blind spots, your next steps. Spots are limited. Inquire at knowherself.co.

The Know Herself Live Course -- Coming Fall 2026

A deeper, guided group experience built around the full Know Herself framework. If you want to be first to know when doors open, get on the waitlist at knowherself.co. You have already done something most women never do -- you picked up the books. Do not stop here.

Wishing you clarity, courage, and grace on your path of becoming.

— Victoria