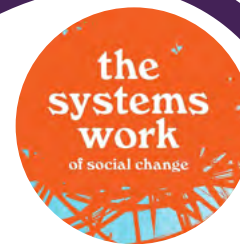
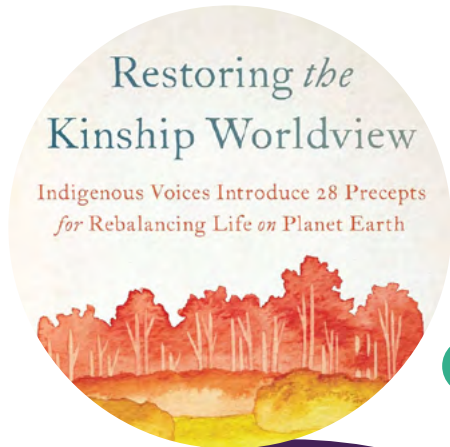


SIMPLE PLEASURES

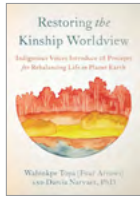


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BETA
COACHING & CONSULTING

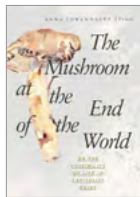
Sharing a short list of notable quotes and questions from the books that were most impactful on my psyche in 2023:



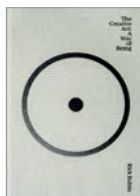
Restoring *the* Kinship Worldview: Indigenous Voices Introduce 28 Precepts for Rebalancing Life on Planet Earth, Wahinkpe Topa and Darcia Narvaez, PhD:
“Generosity is the highest expression of courage”
—Martin Brokenleg



The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture, Gabor Maté, MD with Daniel Maté:
“...what happens to the body reflects what is happening in the mind and the spirit. People can get well. But before a person can do so, [they] must often undergo a transformation—of lifestyle, emotions, and spirit—besides making the necessary shifts in the physical body.”
—Lewis Mehl-Madrona



The Mushroom at the end of the World: On the Possibility of Life in Capitalist Ruins, Anna Lowenhaupt Tsing:
“...not all connections have the same effects ... we need to follow broken bits of many stories and to move in and out of many patches.”



The Creative Act: A Way of Being, Rick Rubin:
“Give yourself permission to be wrong and experience the joy of being surprised.”



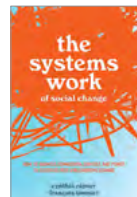
Pip Pip: A Sideways Look at Time, Jay Griffiths:
“Time-is-money underpins the whole philosophy of consumerism: a ubiquitous lie which cheats and saddens the present by promoting a constant preoccupation with tomorrow’s purchases today ... your money never quite catching up with your time.”



Conflict Resolution for Holy Beings, Poems, Joy Harjo:
“I thank the body that has been my clothing on this journey. It has served me well for protection and enjoyment.”



How to Do Nothing: Resisting the Attention Economy, Jenny Odell:
“What we choose to notice and what we do not—are how we tender reality for ourselves, and thus have a direct bearing on what we feel is possible at any given time.”



The Systems Work of Social Change: how to harness connection, context, and power to cultivate deep and enduring change, Cynthia Rayner and François Bonnici:
“When the capacity of a person is matched to their attitude and motivation, and when those two key components are aligned in the pursuit of a singular goal, the problem-solving nature of a person is unlocked.”

What were the books that left an imprint on your consciousness this year?