

ASTER HAVEN PRESENTS

The

Aster Haven Reading List

A Curated Collection of Books for the Woman
Who Is Growing, Dreaming, and Becoming



*"A reader lives a thousand lives before she dies.
The woman who never reads lives only one."*

Aster Haven · asterhaven.com

A NOTE BEFORE YOU BEGIN

A Note Before You Begin

Welcome to your reading journey

Books have always been one of the most powerful tools of becoming. The right book at the right moment can shift something in you that years of trying on your own never could. It can give language to a feeling you have been carrying without words. It can show you a way of living you had not yet imagined. It can remind you, on the hardest days, that you are not alone.

This reading list was curated with you in mind — the woman who is intentionally growing, who takes her inner life seriously, who wants to read books that actually change something. Every title on this list was chosen because it is the kind of book you finish and immediately want to press into the hands of someone you love.

Work through this list at your own pace. Mark the ones that call to you first. Come back to the others when the season is right. There is no rush — just the quiet, life-changing pleasure of a good book and a warm drink.

Happy reading. 🌿

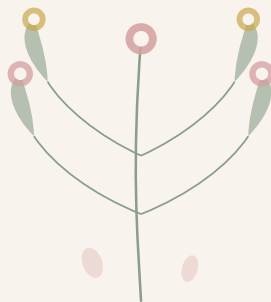
With love, The Aster Haven Team

SECTION ONE

One

Personal Growth & Becoming

Books for the woman stepping into her next chapter.



01 *You Are a Badass*

— Jen Sincero

A witty, no-nonsense guide to identifying and changing the self-sabotaging beliefs that keep you from living the life you want. Equal parts funny and genuinely transformative.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

02 *The Gifts of Imperfection*

— Brené Brown

A deeply researched and beautifully written exploration of letting go of who you think you should be and embracing who you actually are. One of the most important books for any woman on a growth journey.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

03 *Big Magic*

— Elizabeth Gilbert

A gorgeous, permission-giving book about living a creative life — about pursuing what lights you up, releasing fear, and showing up for your own curiosity. Even if you do not consider yourself creative, this book will change how you see yourself.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

04 *Untamed*

— Glennon Doyle

Raw, honest, and utterly compelling. A memoir about breaking free from the life you were told to want and finding the courage to build the one you actually desire. Deeply moving.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

05 *The Artist's Way*

— Julia Cameron

A twelve-week programme for recovering your creativity and reconnecting with your truest self. The morning pages practice alone is worth the entire book. A classic for a reason.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

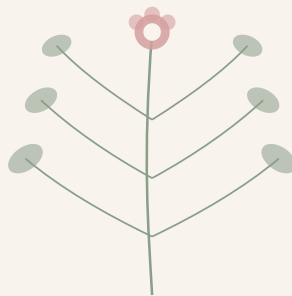


SECTION TWO

Two

Intentional Living & Slow Living

Books for the woman who wants to live more beautifully and deliberately.



o6 *Essentialism*

— Greg McKeown

The disciplined pursuit of less. A powerful argument for doing fewer things better — for protecting your time, energy, and attention for what actually matters. Quietly life-changing.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

o7 *The More of Less*

— Joshua Becker

A gentle, warm guide to owning less and living more. Not preachy minimalism — just a thoughtful invitation to clear the clutter and make space for what you truly value.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

o8 *Liturgy of the Ordinary*

— Tish Harrison Warren

A beautiful meditation on how the sacred lives inside the mundane — the making of the bed, the brushing of teeth, the quiet routines of an ordinary day. One of the most quietly profound books on this list.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

09 *The Ruthless Elimination of Hurry*

— John Mark Comer

A compelling, deeply researched case for slowing down in a world that glorifies busyness. Part spiritual, part practical, entirely necessary for any woman who has ever felt chronically overwhelmed.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

10 *Savoring*

— Mary DeMuth

A gentle, faith-filled invitation to slow down and truly taste the moments of your life. Short, beautiful, and deeply nourishing to the soul.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

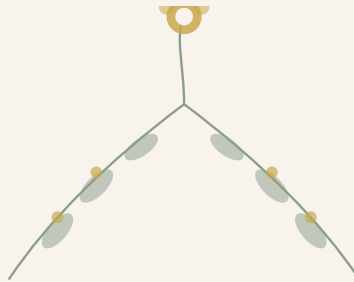


SECTION THREE

Three

Faith & Spirituality

Books for the woman who wants to go deeper in her faith.



11 *Jesus Calling*

— Sarah Young

A beloved daily devotional written as though Jesus is speaking directly to you. Warm, personal, and deeply comforting — perfect for morning quiet time.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

12 *Uninvited*

— Lysa TerKeurst

A powerful, honest exploration of rejection, belonging, and learning to find your identity in God rather than in the approval of others. Raw and beautifully written.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

13 *Present Over Perfect*

— Shauna Niequist

A deeply personal memoir about leaving behind busyness, striving, and the exhausting pursuit of perfection in favour of a slower, more present, more joyful life. Beautifully written.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

¹⁴ *The Power of a Praying Woman*

— Stormie Omartian

A practical, heartfelt guide to the transformative power of prayer in a woman's life. Covers every area — relationships, health, purpose, faith — with warmth and wisdom.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

¹⁵ *Breathe*

— Priscilla Shirer

A beautiful invitation to make room for God in the margins of your life — to slow down, exhale, and receive what only stillness can bring. Perfect for the woman who feels constantly stretched thin.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:



SECTION FOUR

Four

Wellness & Holistic Living

Books for the woman who takes her whole health seriously.



¹⁶ *The Body Keeps the Score*

— Bessel van der Kolk

A groundbreaking exploration of how trauma lives in the body and how movement, creativity, and connection can heal what words alone cannot. Essential reading for understanding yourself more deeply.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

¹⁷ *Why We Sleep*

— Matthew Walker

A fascinating, science-backed deep dive into the extraordinary importance of sleep for every area of your life — your health, your mood, your relationships, your creativity. Will change how you think about rest forever.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

¹⁸ *Atomic Habits*

— James Clear

The definitive guide to building good habits and breaking bad ones — written in a way that is practical, science-based, and genuinely readable. One of the most useful books you will ever own.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

19 *Women's Bodies, Women's Wisdom*

— Christiane Northrup

A comprehensive, empowering guide to women's health that honours the deep connection between the emotional, spiritual, and physical. A reference book every woman should have on her shelf.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

20 *The Wellness Remodel*

— Christina Rice

A warm, practical guide to building a healthier life from the inside out — covering nutrition, movement, mindset, and creating a home environment that supports your wellbeing.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:



SECTION FIVE

Five

Home, Beauty & Everyday Elegance

Books for the woman who wants her daily life to feel more beautiful.



21 *The Life-Changing Magic of Tidying Up*

— Marie Kondo

The book that started a global movement. A gentle but firm guide to decluttering your home by keeping only what sparks joy. Simple, transformative, and quietly profound.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

22 *At Home in the World*

— Tsh Oxenreider

A beautiful memoir about slow travel, intentional living, and the question of what truly makes a home. Warm, literary, and deeply inspiring for the woman who wants to live more purposefully.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

23 *French Women Don't Get Fat*

— Mireille Guiliano

Less about dieting and more about the French art of savouring — food, pleasure, beauty, and everyday life. A charming, wise guide to living with more elegance and less guilt.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

24 *A Pattern Language*

— Christopher Alexander

A classic architectural text that reads like poetry — about how the spaces we inhabit shape our lives and how to create environments that feel truly alive. For the woman who loves beautiful, intentional spaces.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

25 *The Kinfolk Home*

— Nathan Williams

A stunning visual and written exploration of intentional, beautiful, slow living through the homes of people around the world. Part coffee table book, part philosophy of life.

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:





Your Personal Reading Tracker

Use this space to add your own discoveries — the books recommended by friends, found in secondhand shops, or stumbled upon at just the right moment.

Title & Author:

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

Title & Author:

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

Title & Author:

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

Title & Author:

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

Title & Author:

☐ Want to Read ☐ Currently Reading ☐ Finished

My notes:

INTENTIONS & GOALS

My Reading Goals

My reading goal for this year:

How many books do you want to read this year?

The genre I want to explore more of this year:

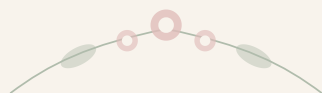
What kind of books are calling to you right now?

The one book I am committing to reading next:

How reading makes me feel and why I want to prioritise it:

Write freely — this is your reminder of why it matters.





FOR THE WOMAN WHO READS

Affirmations for the Woman Who Reads

Read these as you settle in with your next book.

I invest in my mind as intentionally as I invest in everything else.

Every book I read expands the woman I am becoming.

I give myself full permission to read for pleasure, growth, and joy.

The stories I consume shape the story I am living — I choose wisely.

A quiet hour with a good book is never wasted time.

I am a woman who learns, grows, and never stops being curious.



Keep Reading

The woman you are becoming is shaped by what she reads, what she thinks about, and what she allows into her mind. A book at the right moment can be the thing that changes everything.

Keep this list close. Return to it when you finish one book and are ready for the next. Add to it freely. Share it generously.

Read widely. Live deeply. Become beautifully. 🌿

Return to your library anytime: asterhaven.com/resource-library.html

