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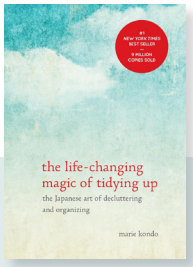
Soulful Reads

with Allison Bruce

Hi, Readers!

The second book that has significantly changed my life is *The Life-Changing Magic Of Tidying Up* by Marie Kondo. I realized I had yet to feature it in Soulful Reads. I read this about the same time I was reading *The Artist's Way* by Julia Cameron. Joy has been my lighthouse ever since. This year will mark a decade of writing about a moment of joy daily. As always, if you want to share your thoughts on the reading, please email me at allison@flourishintegralhealth.com. Joyful reading to you!



1. The Life-Changing Magic of Tidying Up

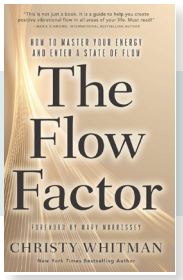
By Marie Kondo

"Believe what your heart tells you when you ask, "Does this spark joy?" If you act on that intuition, you will be amazed at how things will begin to connect in your life and all the dramatic changes that follow."

The Life-Changing Magic of Tidying Up by Marie Kondo, published by Ten Speed Press, did truly change my life. The premise of the book is to reset your life by decluttering. The key to the method is to only keep what "sparks joy" in you. As I decluttered my home, I began paying real attention to joy for the first time. Listening to my heart when I queried if something "sparked joy" helped me identify and sort, not just my physical possessions, but also my feelings and my life. I began to pause, honor the emotion in my heart, and follow its direction. I made more choices based on feeling versus thought. Decisions from my heart felt noticeability lighter, and I perceived a newfound sense of ease in my life. I endearingly labeled these heartfelt moments *Project Joy*. (Taken from my book, *Flourish, A 365-Day Guided Path Towards Love)*

"To truly cherish the things that are important to you, you must first discard those that have outlived their purpose."

The Life Changing Magic of Tidying Up is a wonderful book for transformation.



2. The Flow Factor *By Christy Whitman*

"We have forgotten that we are cosmic beings here to surf all the delicious waves of experiences this world has to offer."

The Flow Factor by Christy Whitman, published by Beyond Words in 2025, teaches readers how to achieve a state of flow, no matter the circumstances. It starts with an explanation of life force energy, continues with free will, consciousness and our instincts, emotional triggers, and then how life experiences can help us grow. The end of the book includes an illuminating guide – an Appendix titled, "Energy Mastery Process to Move from Resistance to Flow." There's a section for releasing mental resistance, emotional resistance, physical resistance, and increasing spiritual flow. Working through these exercises can be powerful and a wonderful resource of your healing library.

"You came here to learn how to master your energy so you can find flow under any circumstance or condition."

The Flow Factor is an excellent book for people who want to transform but are stuck, or need refreshing perspectives.

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