

SPIRIT DRIVERS GIFT GUIDE



Books

We asked the Spirit Drivers community for their book recommendations, and here are our top picks! Any of these reads is sure to awaken new moments of mindfulness, purpose, and meaning.

Why are some people and organizations more inventive, pioneering and successful than others?

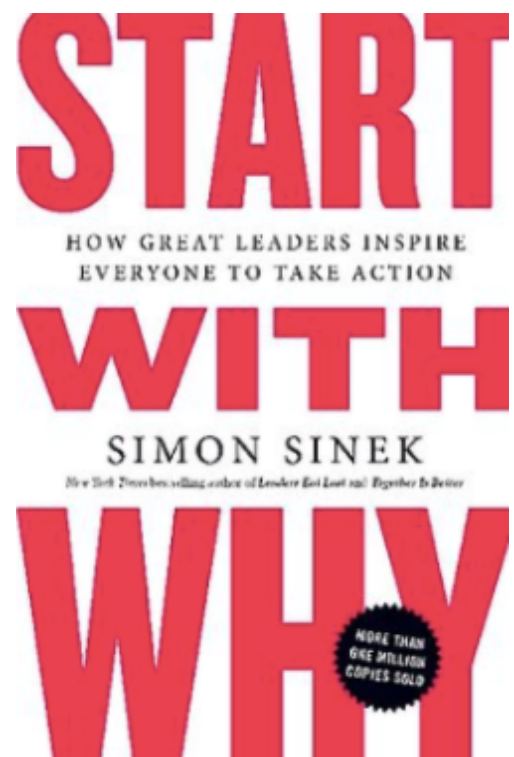
And why are they able to repeat their success again and again?

Because in business it doesn't matter what you do, it matters why you do it.

Steve Jobs, the Wright brothers, and Martin Luther King have one thing in common: they **STARTED WITH WHY.**

This book is for anyone who wants to inspire others, or to be inspired.

Based on the most-watched TED Talk of all time.



Books

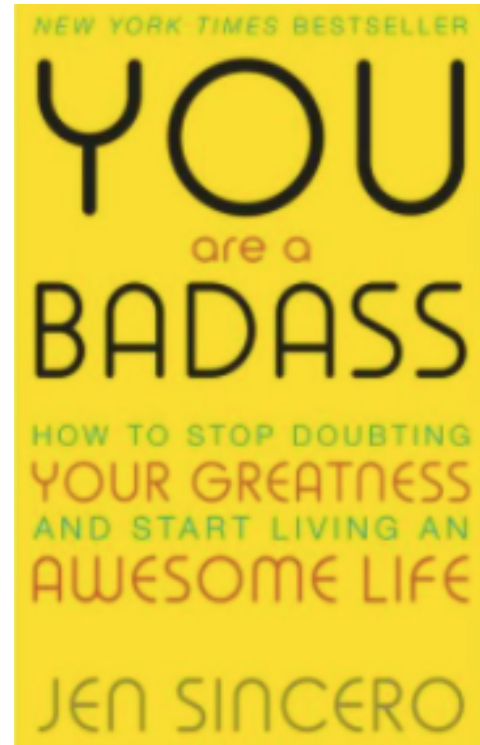


This is the self-help book for people who desperately want to improve their lives but don't want to get busted doing it.

In this refreshingly entertaining how-to guide, bestselling author and success coach, Jen Sincero, serves up 27 bite-sized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word, helping you to:

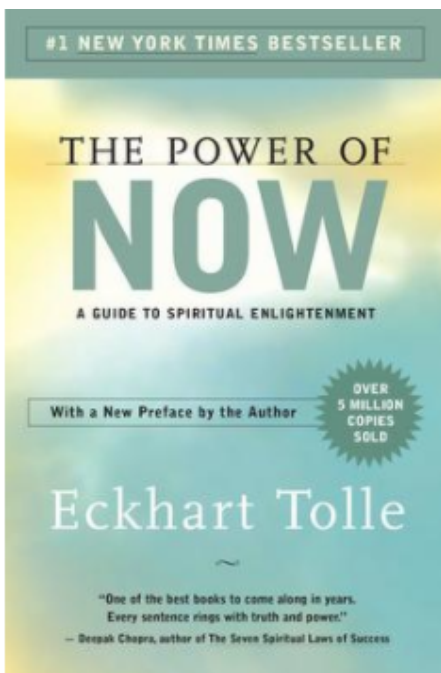
- Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want
- Create a life you totally love. And create it NOW
- Make some damn money already. The kind you've never made before.

By the end of *You Are a Badass*, you'll understand why you are how you are, how to love what you can't change, how to change what you don't love, and how to use The Force to kick some serious ass.



Improve your life fearlessly with this essential guide to kaizen—the art of making great and lasting change through small, steady steps.

Written by psychologist and kaizen expert Dr. Robert Maurer, *One Small Step Can Change Your Life* is the simple but potent guide to easing into new habits—and turning your life around. Learn how to overcome fear and procrastination with his 7 Small Steps—including how to Think Small Thoughts, Take Small Actions, and Solve Small Problems—to steadily build your confidence and make insurmountable-seeming goals suddenly feel doable.

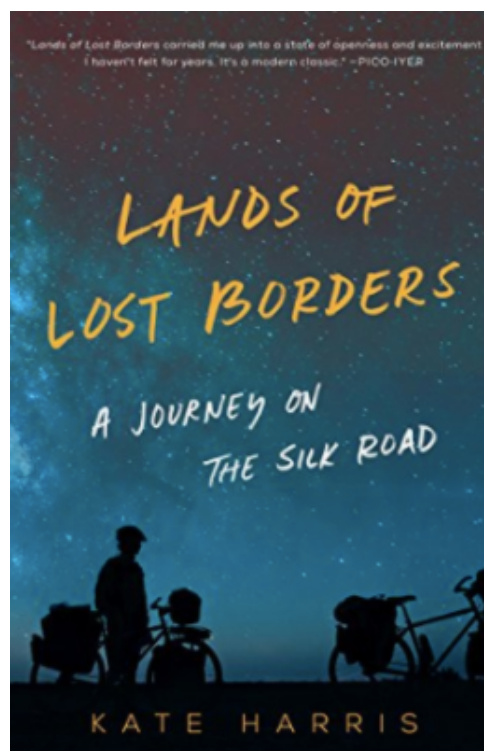


The Power of Now takes readers on an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light.

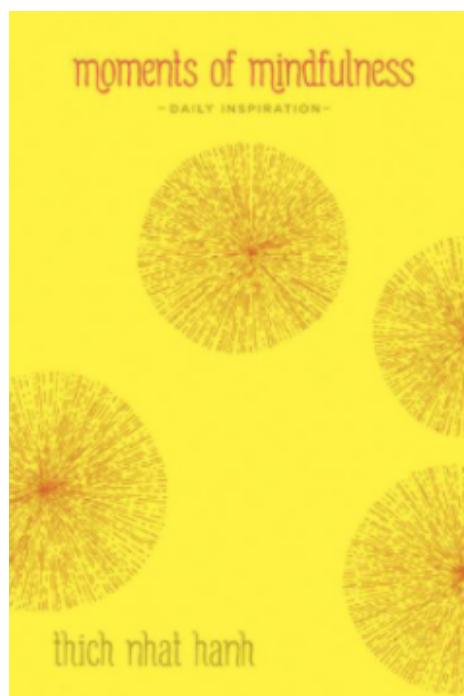
In the first chapter, Tolle introduces readers to enlightenment and its natural enemy, the mind. He awakens readers to their role as a creator of pain and shows them how to have a pain-free identity by living fully in the present. The journey is thrilling, and along the way, the author shows how to connect to the indestructible essence of our Being, "the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death." Only after regaining awareness of Being, liberated from Mind and intensely in the Now, is there Enlightenment.

A brilliant, fierce writer, and winner of the 2019 RBC Taylor Prize, makes her debut with this enthralling travelogue and memoir of her journey by bicycle along the Silk Road—an illuminating and thought-provoking fusion of *The Places in Between*, *Lab Girl*, and *Wild* that dares us to challenge the limits we place on ourselves and the natural world.

Lands of Lost Borders, winner of the 2018 Banff Adventure Travel Award and a 2018 Nautilus Award, is the chronicle of Harris's odyssey and an exploration of the importance of breaking the boundaries we set ourselves; an examination of the stories borders tell, and the restrictions they place on nature and humanity; and a meditation on the existential need to explore—the essential longing to discover what in the universe we are doing here.



Books



This beautifully designed gift book contains many of the best-loved inspirational quotations and passages from Zen master Thich Nhat Hanh.

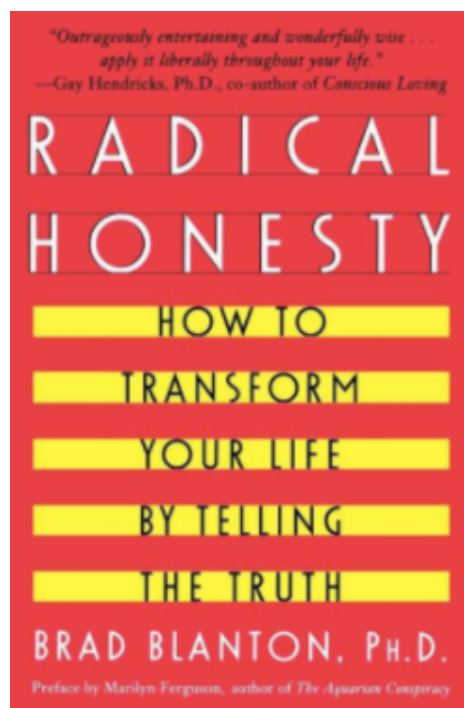
Basic meditation instructions and messages of peace, love, insight, understanding, and compassion accompany two-color illustrations throughout, with blank pages for personal reflections and inspiration. Moments of Mindfulness is a perfect journal for spiritual exploration.



At once shocking, entertaining, and profound - Radical Honesty is a revolutionary book that takes a fresh look at how we live, love, and attempt to heal ourselves in modern society.

"Radical Honesty is not a kinder, gentler self-help book. In it, Dr. Brad Blanton, a psychotherapist, and expert on stress management explores the myths, superstitions, and lies by which we live.

In Radical Honesty, Dr. Blanton coaches us on how to have lives that work, how to have relationships that are alive and passionate, and how to create intimacy where none exists. As we have been taught by the philosophical and spiritual sources of our culture for thousands of years, from Plato to Nietzsche, from the Bible to Emerson, "the truth shall set you free.



Books



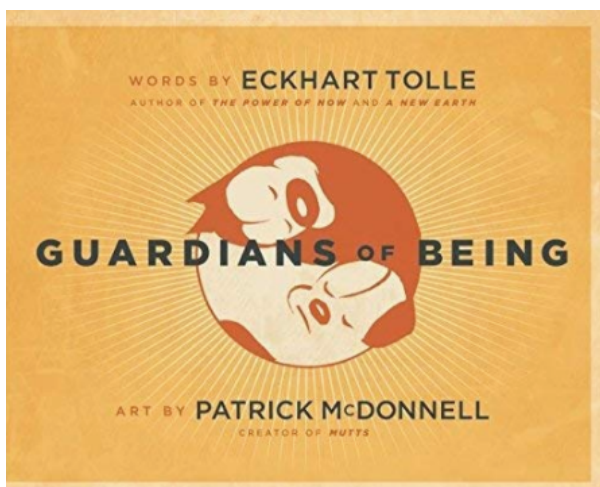
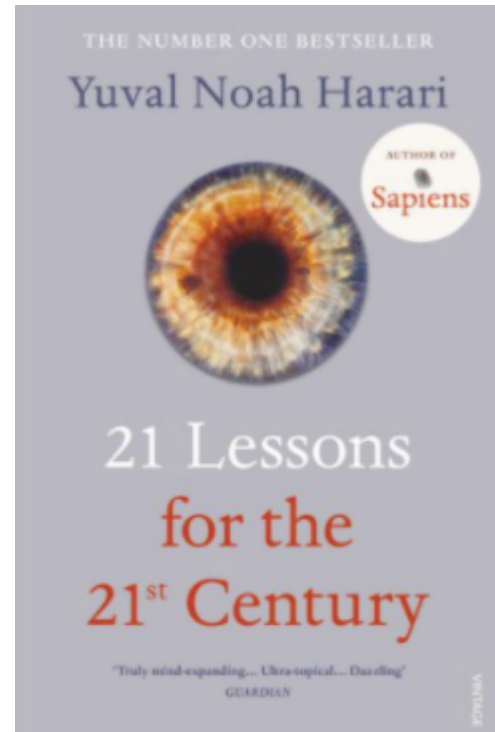
In twenty-one bite-sized lessons, Yuval Noah Harari explores what it means to be human in an age of bewilderment.

"21 Lessons is, simply put, a crucial book "-Adam Kay

How can we protect ourselves from nuclear war, ecological cataclysms and technological disruptions? What can we do about the epidemic of fake news or the threat of terrorism? What should we teach our children?

Yuval Noah Harari takes us on a thrilling journey through today's most urgent issues. The golden thread running through his exhilarating new book is the challenge of maintaining our collective and individual focus in the face of constant and disorienting change.

Are we still capable of understanding the world we have created?



This wonderfully unique collaboration brings together two masters of their fields, joining original words by spiritual teacher Eckhart Tolle with delightful illustrations by Patrick McDonnell, the creator of the acclaimed comic strip MUTTS. Every heartwarming page provokes thought, insight, and smiling reverence for all beings and each moment.

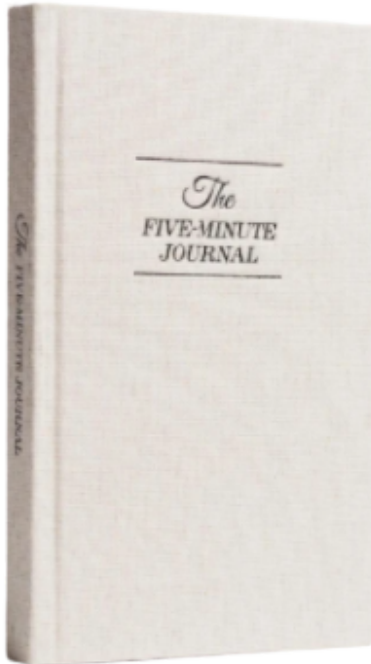
More than a collection of witty and charming drawings, the marriage of Patrick McDonnell's art and Eckhart Tolle's words conveys a profound love of nature, of animals, of humans, of all life-forms. Guardians of Being celebrates and reminds us of not only the oneness of all life but also the wonder and joy to be found in the present moment, amid the beauty we sometimes forget to notice all around us.

Journals & Planners



A fresh journal is full of possibilities. It's the perfect place to plan, dream, or let the creativity flow. We've curated a list of our favorites for your friend or family member who craves productive self-reflection.

The Five Minute Journal



Elevate yourself. Be happier. Improve relationships. Shift your mind to a state of optimism. You could be the next amongst thousands of others to hone your ability to focus on the good in life. The Five Minute Journal's approachable and structured exercises will lead you down a path toward an enhanced version of the person you already are. Un-dated and printed on sustainably sourced paper stock from FSC suppliers.

\$25.99 on [Amazon](#)

The Five Minute Journal for Kids is the perfect journal to inspire daily reflection and help children 5-12 years of age develop a positive attitude in just 5 minutes a day.

\$23.99 on [Amazon](#)



Journals & Planners



Monk Manual

The Monk Manual 90-Day Planner is a daily system that helps you focus on the most important things, so you can live each moment with greater purpose, productivity, and presence (they guarantee it). Inspired by Monks. Backed by Science. Designed for you.

\$38 at monkmanual.com

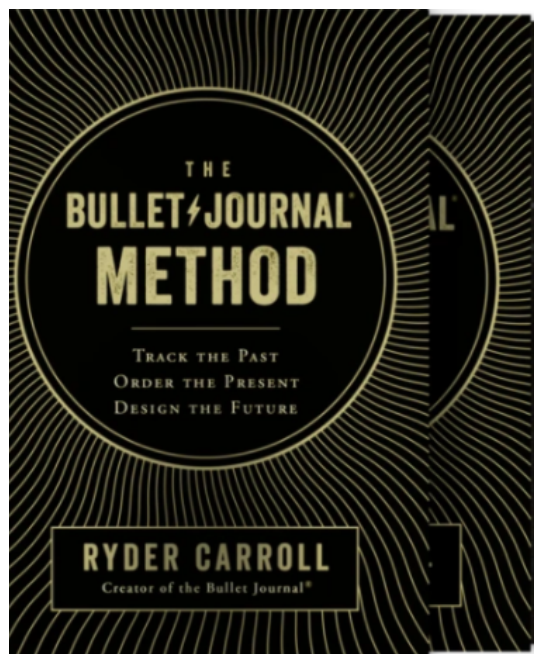


The Bullet Journal Collector's Set

Meet The Bullet Journal Method, the mindfulness practice disguised as a productivity system. In his internationally best-selling book, Ryder Carroll, creator of the Bullet Journal, explores what it means to live an intentional life, one that's both productive and meaningful. Whether you've used a Bullet Journal for years or have never seen one before, The Bullet Journal Method will help you go from passenger to pilot of your own life.

The Collector's Set includes a copy of the U.S. edition of Bullet Journal Method and an exclusive Stealth Edition of the Official Bullet Journal notebook, featuring all the same great details just black. It's everything you need to get started!

\$45 at bulletjournal.com





Let 2021 be the year of wellness with one of these thoughtful gifts for someone you love.

Aura Cacia Essential Oils Kit



Essential oils can enhance the moment. Give a set to someone in your life who would enjoy diffusing them in the home, adding them to a warm bath, using them for massages, or making their own perfume!

Aura Cacia has been around for more than 20 years and is listed as one of the best essential oil companies in the world. All of their products are certified organic and come with amber glass bottles for an extra touch. Choose from one of their kits for the perfect aromatherapy gift.

Kits available from \$11 on [Amazon](#)

Crystal Cove Meditation Cushion



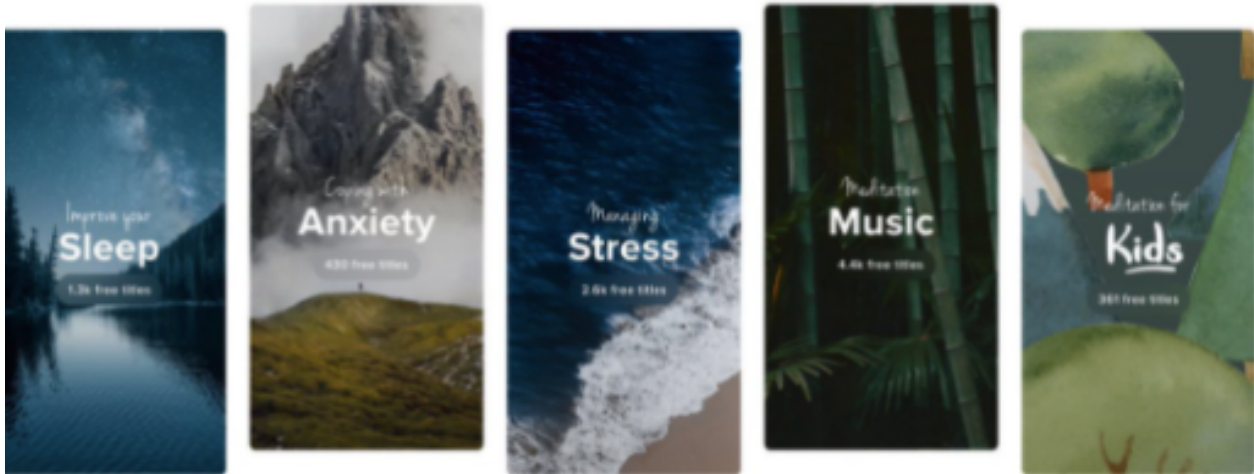
For the meditators in your life, a meditation cushion can energise and reinforce their practice. For a new meditator, it's a comfortable incentive to meditate regularly.

This pillow is filled cushiony buckwheat and sealed with an organic cotton liner. Designed by Los Angeles yoga instructor Angela Kukhahn, the cushion mimics calm, Southern California tide pools.

\$59, [brentwoodhome.com](#); also available from [Amazon](#)



Insight Timer 'Member Plus' Subscription



Insight Timer is the #1 free app for sleep, anxiety, and stress, with the world's largest FREE library of more than 70k guided meditations, 9k teachers & the world's most loved meditation Timer.

By purchasing a Member Plus subscription, you help support free meditation and unlock hundreds of Insight Courses and premium features for your friend or loved one. They also get additional features like offline listening, high-quality audio, and their advanced audio player. Plus Insight Timer shares 50% of all income with their teachers.

\$60 for a year at insighttimer.com



Make It Personal

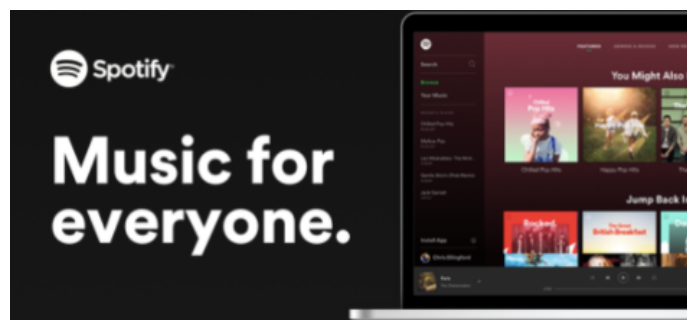


Nothing shows your love more than a personalized gift! Here are a few ideas to make it easy for you, and special for them.

Personalized Photo Calendar

Keep your special memories in mind as we move into 2021. Create your personalized photo calendar on Mixbook.

Starting at \$24.99 on mixbook.com



Personalized Playlist

Remember when you used to burn CD's for your friends? Now, with Spotify or YouTube, you can easily compile a playlist of their favorite songs for free.





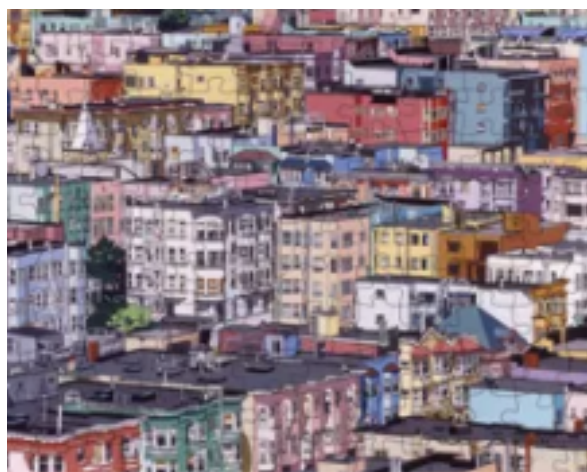
Support an artist and give a delightful gift this holiday season!

Steven Ray Miller Jigsaw Puzzles

Steven Ray Miller is a Durham, NC-based artist, who has been putting hearts in his paintings to bring the viewer in for a closer look. He believes hearts help us to share our feelings of love and hope that connect us all.

He has made puzzles out of 6 of his paintings. The puzzles have 150 pieces and measure 11" x 17". With this gift, you'll help his art reach a new audience!

\$20.00 per puzzle, or get all 6 for \$100, plus \$7.95 for shipping, at stevenraymiller.com



HIITU 3 in 1: Mask Holder, Necklace , Glasses Strap in "Mint-Bordeaux"

HIITU is an intercultural project with focus on design and handcrafts. This 3 in 1 practical mask holder, necklace & sunglass strap is handmade to order with love & good vibes. It fits every mask/neck/pair of glasses. Easy to clip on.

Made from HIITU's "travel bead" collection: colorful glass beads, wooden prayer beads, sweet water pearls, ceramic beads - collected all around the world. \$39 at hiitu.com until stock lasts.