

Girl, Teach Me

Sacred Marriage

A YEAR OF WEEKLY DEVOTIONS for COUPLES

GARY THOMAS

Bestselling Author of *Sacred Marriage*

BECOMING ELISABETH ELLIOT

The
AUTHORIZED
BIOGRAPHY
ELISABETH'S
Early Years

New York Times bestselling author

ELLEN VAUGHN

FOREWORD by JONI EARECKSON TADA

Postnatal Depression Cure



A Complete Guide
Rebuilding Your Health & Relationships
FOR MOTHERS OF NEWBORNS
AND YOUNG CHILDREN

Dr. Oscar S.

a goop pres

M Is for M

A REBELLION
AGAINST MEDIOCR
MOTHERHOOD

A READING LIST FOR

WOMANHOOD

BOOKS TO HELP YOU
BECOME AN INTENTIONAL WOMAN

THE INTENTIONAL WOMEN'S READING LIST CATEGORIES

1. **FOR WOMANHOOD**
2. **FOR THE HOME**
3. **FOR PREGNANCY, BIRTH, AND AFTER**
4. **FOR MARRIAGE**
5. **FOR MOTHERHOOD**
6. **FOR THE FAITH JOURNEY**
7. **CHRISTIAN BIOGRAPHIES**
8. **IN THE KITCHEN**
9. **FOR THE HOMESCHOOLING MAMA**

IN THIS GUIDE I WILL SHARE 6 BOOKS PER CATEGORY. I MAY NOT AGREE WITH 100% OF THE IDEAS IN THESE BOOKS, BUT EACH BOOK HAS THOUGHTFUL IDEAS TO MAKE YOU MORE INTENTIONAL AS A WOMAN.





links from the “Books for Motherhood Video”

Whole and Healthy Family **01**

Barefoot and Balanced **02**

The Power of Christian Contentment **03**

The Cozy Minimalist Home **04**

Mothering by the Book **05**

extras:

Women of the Word **11**

Eve in Exile **06**

Side by Side **07**

Let Me Be a Woman **08**

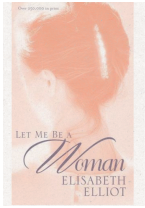
Atomic Habits **09**

Treasuring God in Our Traditions **10**

Get Out of Your Head **12**

Reading Guide

FOR WOMANHOOD



1. LET ME BE A WOMAN

by Elisabeth Elliot

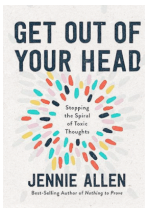
If you want reasons why we should delight in being uniquely woman. No other creature despises being what they are as much as woman. But being a woman is an amazing gift.



2. EVE IN EXILE

by Rebekah Merkle

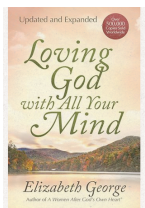
Ever fell into thinking like a feminist? I sure have, but this book uncovers the destructive history of the feminist movement and what we as women can do about it.



3. GET OUT OF YOUR HEAD

by Jennie Allen

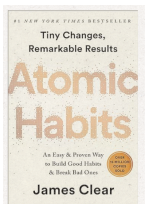
Are your thoughts holding you captive? Break the cycle of destructive thoughts and step out of the those toxic thought patterns.



4. LOVING GOD WITH ALL YOUR MIND

by Elizabeth George

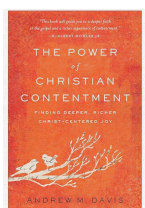
We know there are thoughts we shouldn't be thinking, but what about what we SHOULD be thinking. This book uncovers God's will for our thoughts and helps us put those thoughts in action.



5. ATOMIC HABITS

by James Clear

Little by little. Tiny shifts over time is what it takes for us to change. James helps us not despise small beginning and get started creating new habits for a new future.



6. POWER OF CHRISTIAN CONTENTMENT

by Andrew Davis

Few things will ruin our lives quicker than discontentment. Davis challenges us to genuine contentment in every season of life.

Reading Guide

FOR THE HOME



7. HOME MANAGEMENT

by Kim Brenneman

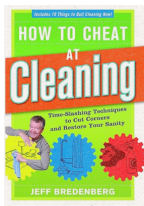
I read the first version of this book, *Large Family Logistics*. While I do not agree 100% with everything in this book, it will be a lifesaver if you feel like you need direction in managing home upkeep.



8. COZY MINIMALIST HOME

by Myquillyn Smith

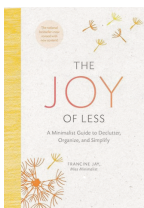
Does minimalism ever feel sterile to you? It doesn't have to any longer. This book gives step-by-step strategies to decorate any space in a cozy minimal way.



9. HOW TO CHEAT AT CLEANING

by Jeff Bredenberg

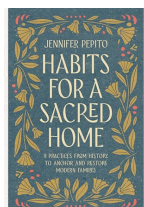
Want to learn what parts of cleaning are simply unnecessary and can truly be cut in half or slashed all together? These 200 cleaning tips won't disappoint.



10. THE JOY OF LESS

by Francine Jay

Clutter sucking the life out of you? This book will help you see clearly what needs to go and how to do it without any guilt.



11. HABITS FOR A SACRED HOME

by Jennifer Pepito

Be inspired by women throughout history who have pushed back the darkness in the world through faithfulness to Jesus and creating a home.



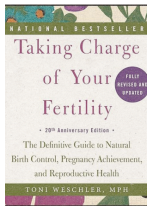
12. THE WHOLE AND HEALTHY FAMILY

by Jodi Mockabee

Need a manual for how to be a healthier family body, mind, and spirit? Look no further. This is a book you will come back to time and time again.

Reading Guide

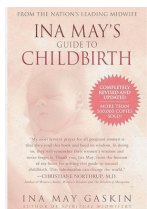
PREGNANCY, BIRTH & AFTER



13. TAKING CHARGE OF YOUR FERTILITY

by Toni Weschler

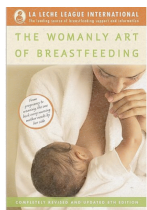
Ever feel like your body is confusing to you? This book finally helped me understand the signs my body was giving me. Whether you want to do natural conception control, get pregnant, understand your period, or navigate menopause this book is for you!



14. INA MAY'S GUIDE TO CHILDBIRTH

by Ina May

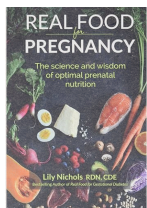
Ina May is also known as America's midwife. The birth stories in this book are GOLD. Her theology is certainly a bit off for me, but her wisdom and experience on birth is unmatched.



15. THE WOMANLY ART OF BREASTFEEDING

by Diane Wiessinger

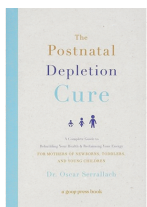
While breastfeeding is natural, it certainly isn't always easy. That is why this manual needs to be on your shelf. I have avoided so many issues with breastfeeding by using this manual.



16. REAL FOOD FOR PREGNANCY

by Lily Nichols

Prenatal nutrition advice out in the world is really just terrible sometimes. Follow her advice to have more energy, feel less sick, and give yourself the best shot at a healthier pregnancy.



17. POSTNATAL DEPLETION CURE

by Oscar Serrallach

Feel depleted after having your baby? You are not alone. Postnatal depletion is REAL and this book holds your hand as you navigate out of depletion.



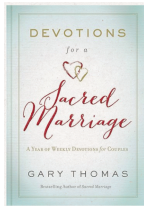
18. SAFE INFANT SLEEP

by James J. McKenna

Few things are more controversial in the mom world than co-sleeping, but McKenna brings real research to why co-sleeping (rather breast sleeping) is the most natural and instinctual thing we can do for our baby.

Reading Guide

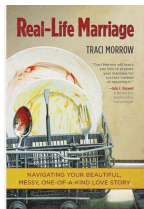
FOR MARRIAGE



19. DEVOTIONS FOR A SACRED MARRIAGE

by Gary Thomas

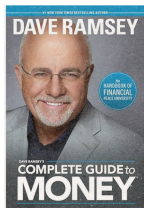
Need a book to pick up when your marriage is in a funk or you just had a big fight? This book will give up a gentle kick in the pants and recalibrate your heart towards walking in love and forgiveness again.



20. REAL LIFE MARRIAGE

by Traci Morrow

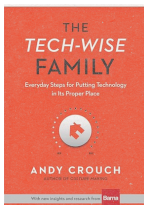
Some marriage books work in theories and live in fantasy land, not this book. Traci a mom of many shoots it straight and calls us higher in marriage.



21. COMPLETE GUIDE TO MONEY

by Dave Ramsey

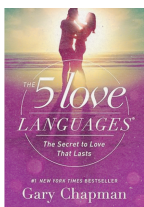
Most divorces are caused by some element of money trouble. Many say, first comes love, then comes money, because is such a big part of life. This book aims to apply biblical principles to money and make it easy to follow with simple baby steps.



22. THE TECH-WISE FAMILY

by Andy Crouch

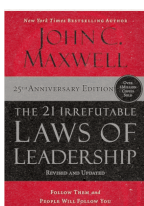
Feel like you need to get on the same page with your spouse on how you want to do screens in your family? This book is a HUGE help to navigate the aggressive obsession with screens in our culture.



23. 5 LOVE LANGUAGES

by Gary Chapman

Feel like you are trying to love your spouse, but you keep missing the mark? Maybe they feel loved in a different way than you are showing it. We all receive and show love differently and this book demystifies that truth.



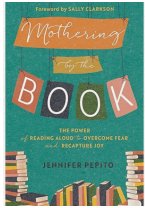
24. 21 IRREFUTABLE LAWS OF LEADERSHIP

by John C. Maxwell

If this seems like an odd choice for the marriage section, let me say it's not. One of the best ways to see your spouse grow is to take your character growth seriously. They will be inspired when they see your growth. Iron sharpens iron, so start growing today.

Reading Guide

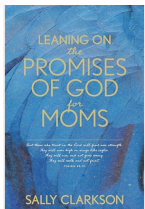
FOR MOTHERHOOD



25. MOTHERING BY THE BOOK

by Jennifer Pepito

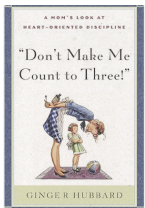
Do you wish an older wiser woman would share it all from raising her kids? The good, bad, and truthful ugly? This book is a raw and honest memoir of raising 7 children. She will infuse hope for your motherhood journey and encourage you to leave the unhelpful fear behind.



26. PROMISES OF GOD FOR MOM'S

by Sally Clarkson

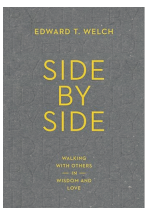
Need a book to read when it all feels like too much and you find yourself hiding in the bathroom for 5 minutes? This beauty is brimming with quick truths and unshakeable promises us mamas need to make it through the day.



27. DON'T MAKE ME COUNT TO THREE!

by Ginger Hubbard

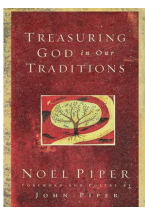
Feel clueless on disciplining your kids and that all of the parenting theories are steeping in fear and shame? This book is practical and gives actual help from a mom who hasn't forgotten how hard it is to discipline our children.



28. SIDE BY SIDE

by Edward T. Welch

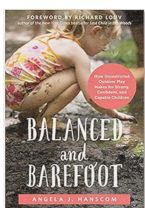
If you got into motherhood and realized how lonely it can be this book is for you. I learned from this book that we are all *needy* and *needed*. Motherhood will 1000% be better if you work to have a tribe of mamas and learn how to walk side by side with them.



29. TREASURING GOD IN OUR TRADITIONS

by Noel Piper

If you didn't come from a Christian home and you want to learn how to create traditions that honor Jesus this book will be a treasure to you. She walks through all the holidays and gives creative ideas to point our children back to Jesus.



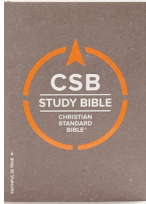
30. BALANCED AND BAREFOOT

by Angela J. Hanscom

Ever feel like a helicopter mom, but you just can't stop? You want your kids to have a childhood, but you are so afraid they may get hurt? Or you want to get outside with your kids, but you are unsure what to do this book is must. Written by a Kid's Occupational Therapist, her wisdom is GOLD.

Reading Guide

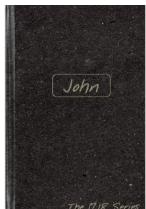
FOR THE FAITH JOURNEY



31. CSB STUDY BIBLE

by CSB Bibles by Holman

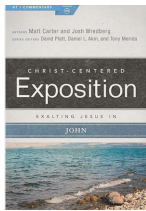
This is my favorite translation of the Bible and the helpful notes at the bottom are a lifesaver when you are trying to gain deeper understanding of the Bible. Of course, this is the ultimate book on this list, so if you don't have a good Bible start here.



32. JOHN JOURNIBLE

by Robert J. Wynalda

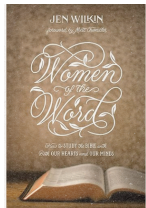
Have you ever thought about writing the Bible out? These handy journals create a perfect place to write the Bible out, one book at a time. Writing the scriptures out slows you down and helps the truths go deeper than ever before.



33. CHRIST-CENTERED EXPOSITIONS

by Matt Carter and others

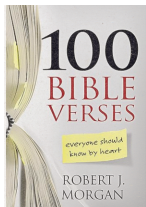
Want to go extra deep in a book of the Bible, these amazing books connect all of scripture back to Jesus. They are super easy to understand and give valuable information about the scriptures you may not have thought of before.



34. WOMEN OF THE WORD

by Jen Wilkin

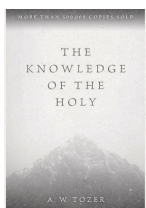
Feel like you want to read the Bible, but have no idea where to start? Or you feel like you don't know how to get the truths out of the Bible yourself without a devotion, podcast or sermon? I recommend any and every Christian have this book on their shelf.



35. 100 BIBLE VERSES

by Robert J. Morgan

Have you ever wanted to start memorizing scripture, but it seems like your brain isn't retaining it? This handy book gives you helpful ways to memorize each verse as well as a story to go with it. I am walking through this with my children, memorizing one new verse a week.



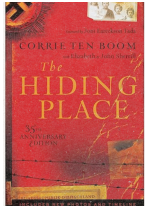
36. THE KNOWLEDGE OF THE HOLY

by A.W. Tozer

Want to know more about who God is and how He is different than us? Want to be in awe and snap out of feeling dull and numb to Him? This classic book will help your eyes open to just how wonderous He is.

Reading Guide

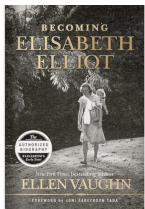
CHRISTIAN BIOGRAPHIES



37. THE HIDING PLACE

by Corrie Ten Boom

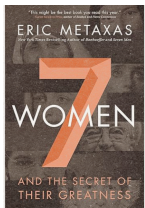
Want to be inspired to live a heroic and selfless life? Want to peer back in time and see how God wove together miracle after miracle through two sister's simple obedience? This book is a must read and will leave you forever changed.



38. BECOMING ELISABETH ELLIOT

by Ellen Vaughn

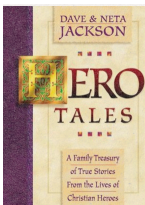
Who goes back to live with the very killers of her husband in hopes of sharing the good news about Jesus? Elisabeth Elliot did. Her story of forgiveness, courage, and boldness to share the gospel will put a fire in your belly to live and die for Jesus.



39. 7 WOMEN

by Eric Metaxas

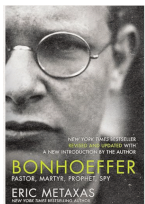
This book was near impossible to set down with 7 amazing biographies written by the best biographer of all time, Eric Metaxas.



40. HERO TALES

by Dave & Neta Jackson

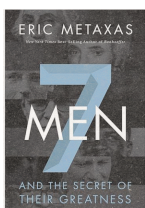
Want to learn about the great heroes of the faith alongside your children? Hero Tales has three volumes of men and women from all over the world, who gave their all even to death for Jesus.



41. BONHOEFFER

by Eric Metaxas

This book changed the whole way I thought about death, WWII, Hitler and what it means to stand up for what is right in the face of evil.



42. 7 MEN

by Eric Metaxas

Another 7 biographies written by Mextaxas, need I say anymore. These books are JUST.SO.GOOD.

Reading Guide

IN THE KITCHEN



43. THE PEACEFUL PRESS COOKBOOK

by Jennifer Pepito

The Peaceful Press is my favorite homeschool curriculum to get started homeschooling with. This is a cookbook that has simple ingredients and it meant to be used with your children.



44. JUST INGREDIENTS COOKBOOK

by Karalynne Call

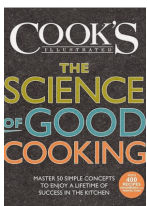
Need a simple cookbook full of actual healthy meals. This cookbook will help you get dinner on the table quick and will equally nourish your family. Use code: GIRLTEACHME10 for 10% off the whole site



45. FAMILY MEALS IN THE INSTANT POT

by Lisa Burns

Have an Instant Pot, but only know how to make 2 or 3 things in it? Not anymore! Lisa shows you have to make meals from scratch all in your Instant Pot. I know Lisa personally and let me tell you, she is a darn good cook!



46. THE SCIENCE OF GOOD COOKING

by Cook's Illustrated

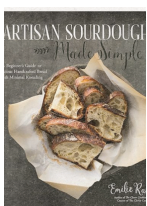
Want to understand the WHY when it comes to different cooking techniques? Cooking really is a whole science and when you understand the basics it makes it easier to gain confidence and get creative in the kitchen.



47. MAGNOLIA TABLE

by Joanna Gaines

Ok these recipes aren't the healthiest, but there really are so yummy recipes in here. Like the biscuits and fettuccine alfredo sauce, just use real ingredients and sub out for anything with seed oils and you have some good recipes.



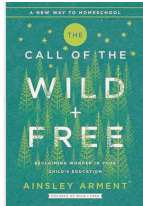
48. ARTISAN SOURDOUGH MADE SIMPLE

by Emilie Raffa

If you want to expand your skills in the kitchen this book is an essential. Sourdough has never been easier

Reading Guide

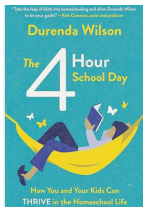
HOMESCHOOLING MAMA



49. CALL OF THE WILD + FREE

by Ainsley Arment

If you have even the tiniest curiosity about homeschooling, just grab this book. Even if you decide not to homeschool, this book will help you step out of the box in your mothering and tune into your God-given intuition for your child.



50. THE 4 HOUR SCHOOL DAY

by Durenda Wilson

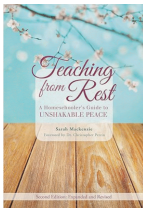
If you ever thought you had to bring 8-hour school days home, you are in for some good news! This book helps you learn how to give your child an exceptional education without tons of silly busy work.



51. HANDCRAFTS

by Ainsley Arment

Want to help your child gain confidence as they learn to work with their hands? This beautiful book full of step-by-step photos helps you do handcrafts season by season with your child.



52. TEACHING FROM REST

by Sarah McKenzie

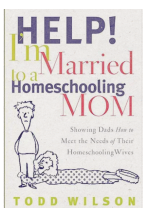
Want to teach your children while you keep your sanity and stop the striving for more, more, more. Want to learn how to gather a repeatable rhythm for your family? This book will help!



53. MY FIRST COOKBOOK

by America's Test Kitchen

This book is sure to inspire your kid's to get going in the kitchen. There are recipes for every holiday, easy treats, and dinners the kid's can tackle to serve their family, all with kitchen 101 basics.



54. HELP! I'M MARRIED TO HOMESCHOOLING MOM

by Todd Wilson

Just buy this book for your husband and thank me later. This super funny book will help your husband understand what you need to stay sane as a homeschooling mama and how he can better partner with you in this amazing adventure.

More Help FOR THE JOURNEY



FREE PREGNANCY SURVIVAL GUIDE

Want to know the secrets that can help you have a smoother, healthier, and more enjoyable pregnancy? After 5 pregnancies there is so much goodness I can't wait to share with you! I even included a supplement list, wardrobe hacks, and some of the items that need to be on your baby list.



LABOR WITHOUT FEAR BIRTH COURSE

Have you always thought about going natural, but just feel too scared to go for it? Or maybe you have decided to have a natural birth, but if you are really honest with yourself you are nervous and not sure how to prepare for contractions. After 5 natural births I have bottled up everything I have learned to help you take control of your mind and feel less pain. Change how you prepare for birth today!