

The Healthy High: How to Manifest an Ecstatic Life Without Burning Out

Supporting Resources & Recommendations (as mentioned in the book)

Books & Documentaries:

[The Secret by Rhonda Byrnes](#)

[Untethered Soul by Michael A. Singer](#)

[Atomic Habits by James Clear](#)

[Creating Affluence by Deepak Chopra](#)

[The Alchemist by Paulo Coelho](#)

[The Master Key System by Charels Haanel](#)

[Discover Your Dharma by Shahara Rose](#)

[In the Flo by Alisa Vitti](#)

[HausMagick by Erica Feldmann](#)

[You are a Badass at Making Money by Jen Sincero](#)

[The Secret 2006 Documentary](#)

[What the Bleep Do We Know 2004 Film](#)

Podcasts:

[Highest Self Podcast with Sahara Rose](#)

[Brave Table Podcast with Neeta Bushan](#)

[Manifestation Babe Podcast with Kathryn Zenkina](#)

[Goal Digger Podcast with Jenna Kutcher](#)

[Goal Digger Podcast Episode 256 with Kate Northrup](#)

[On Purpose Podcast with Jay Shetty](#)

[Just a Phase Podcast with the Balanced Beyars Sisters](#)

[The Laurnie Wilson Show](#)

[Microdosing Stories Podcast](#)

Therapists, Coaches, Teachers:

[Amy Walsh \(Hypnotherapist and Mindset Coach\)](#)

[Laurnie Wilson \(Hypnotherapist, Yoga Teacher and Intuitive Guide\)](#)

[Eva Lin \(Spiritual Business Coach and Photographer\)](#)

[Danielle Langton \(Business Strategy and Consulting\)](#)

[Ana Badilla \(Microdosing Guru\)](#)

[Jeremy Ehrlich \(Life Coach\)](#)

[Alex Olon \(Personal Finance & Accounting Consultant\)](#)

[The 30 Day Book Writing Challenge with Joshua Sprague](#)

[Big Idea to Best Seller Program for Authors](#)

[Clarise Fearn \(Certified Social & Emotional Arts Facilitator\)](#)

[Ayesha Santos \(Brand and Website Design\)](#)

[Adriene Mishler \(Yoga with Adriene on Youtube\)](#)

Classes, Community, & More:

[Highest Self Institute \(Formerly known as Dharma Coaching Institute\)](#)

[Learn more about Ecstatic Dance and find a community near you](#)

[Power of Periodization Course with Balanced Beyars Sisters](#)

[Microdosify \(Microdosing Education\)](#)

[Get a free Human Design chart](#)

[Go deeper into your Human Design with Erin Claire Jones](#)

[The Good Life Masterclass with Shannon~The Good Witch](#)

[Journaling Prompts for Joyful Living](#)

[Manifesting with the Moon Guidebook](#)

[Free Lunar Ritual Calendar](#)

[The Good Coven Community for Spiritual Women](#)

[Happy Hippie Foundation Pittsburgh](#)

[Happy Hippie Foundation Non-Profit](#)

[Pittsburgh Promise Scholarship](#)

[Change Making Personal Finance Digital Course with Alex Olon](#)

[Manifesting Money with Alex & Shannon](#)

[Alex's Weekly Grocery and Meal List](#)