EVER YOU COACHING

The Embodiment Bookshelf

Guides That Shaped Ashley's Journey, Offered to Yours

RECOMMENDED READING FROM ASHLEY FISHER

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Welcome

Years before I found my way to feminine embodiment practices, these were the guides whose work shaped me and helped me move forward. They were the early years of my embodiment journey. With gratitude to them, I offer these reading resources, that they may also guide you on your journey.

INSIDE

Boundary Boss
by Terri Cole

The Empath's Survival Guide
by Judith Orloff, MD

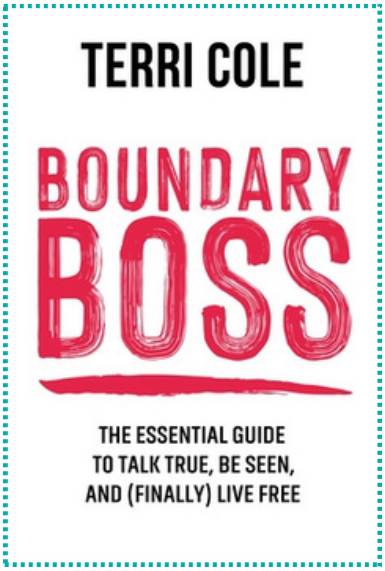
The Book of Longings
by Sue Monk Kidd

About Ashley

SELF-HELP

Boundary Boss

by Terri Cole



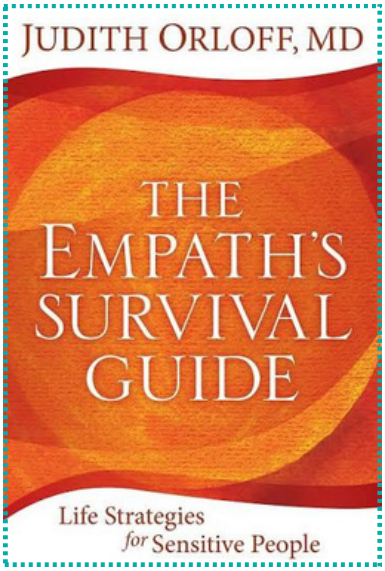
The "Boundary Boss Bill of Rights" alone is worth the price of the book. Terri Cole is a psychotherapist whose body of work carries heart, honesty, and world class guidance. The book takes you on a journey of getting clear on where your boundaries are too rigid, leaky, or nonexistent. Of understanding the forces that shaped your relationship to boundaris. She guides you in the work of knowing yourself more deeply, giving yourself permission to change, and changing your relationships to be more authentic in the process - because people finally get to know you as you really are.

Personally, *Boundary Boss* gave me permission to change just by helping me see and name the ways that I had been operating unconsciously, and how damaging that was to feeling seen and truly held within relationships. Don't just read this book; make time to do the practices offered. And if you find yourself armed and ready to start setting new boundaries, but also feeling terrified, that's when you come right back here and book a session. We can bring your body to a state where setting and holding boundaries doesn't need willpower. Instead, you can embody the safety needed to speak true and hold your ground.

SELF-HELP

The Empath's Survival Guide

by Judith Orloff, MD



I had no idea that empaths existed - or that I was one - until my mid-twenties. I assumed everyone experienced life the way I did, and for that reason never could quite understand how people could cause one another so much pain. Until that point, I also had no idea that without energetic boundaries and supportive tools, I would always be at the mercy of the big emotions others were feeling. This book was the next step on that journey of understanding my unique sensitivities and how to support myself more fully. After a fun quiz to find out exactly how high your empath abilities are, you learn how to lean into the extraordinary intuition and gifts that you carry. You will also receive tried-and-true guidance on how to stop absorbing other people's distress, guard your happiness, protect yourself from people who drain your energy, and navigate the emotional rollercoaster of parenting.

> The thing that the book won't teach you, but which I've learned is possible because of feminine embodiment, is that you can become an empath who isn't run by the room, but who leads the energetic frequency of a room. You get there by doing the inner work of releasing the weight of the past, learning what it means to truly love yourself, and creating so much safety inside your nervous system that you become your own living, breathing shield. This is the point when empathy becomes your superpower. This is possible for you. I would be honored to help you get there.

HISTORICAL FICTION

The Book of Longings

by Sue Monk Kidd



A book of historical fiction about the wife of Jesus. In the author's own words, if Jesus did have a wife, she would have been the most silenced woman in history. This book gives her a voice.

Oh, how I loved this story. Every word. It's about a woman who followed the largeness in her, who would not let the social constructs that sought to silence and subdue her win. The last three lines are among the most powerful I have ever read, but I won't spoil it.

> As you listen, bear in mind that the idea came to the author about 15 years before she found the courage to write it. This means that you're not only witnessing the incredible journey of a fictitious (but possibly real) woman. You're witnessing the creation of a woman who faced exactly what you and I face: ideas and dreams that feel too large, too daring, to call forth. But when we do? What magic we make.

About Ashley

FEMININE EMBODIMENT COACH • FOUNDER OF EVER YOU COACHING



Visit Ever You Coaching

Ashley Fisher is a feminine embodiment coach who helps professionals build the inner resources that make leadership, career growth, and work, more sustainable and more enjoyable. A Southern-Oregon farm girl whose path has wound through government, leadership, politics, and burnout, she learned firsthand that the nervous system wiring we carry into every role shapes how we communicate, make decisions, and recover under pressure. Her work draws on neuroscience, somatics, and intuitive coaching to guide lasting change. She is the founder of Ever You Coaching and lives in Milwaukee, Wisconsin with her husband and three children. She is the founder of Ever You Coaching and lives in Milwaukee, Wisconsin, with her husband and three children.

If you found this resource helpful, I encourage you to join my email list. My goal is to send out materials that brighten your day, support your embodiment journey, and make you feel connected to another human who is right here alongside you navigating the miracles and messes of life.

Join the Email List