

Advance Copy Excerpt from  
**Wake Up Inspired:**  
**Fuel Healthier Success and Love the Life You're Meant to Lead**  
by Marian Baker, CPCC, MCC  
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**Suggested Reading & Resources**

**Creating a New Story (Section 1):**

The following books inspired me about possibilities for our *new story*.

- *The Breaking Point: How Female Midlife Crisis Is Transforming Today's Women* by Sue Shellenbarger (Henry Holt and Company, 2004)
- *The Naked Truth: A Working Woman's Manifesto on Business and What Really Matters* by Margaret Heffernan (Audio published by Penton Overseas, by arrangement with John Wiley & Sons, 2005)
- *Creating a World That Works for All* by Sharif Abdullah (Berrett-Koehler, 1999)

I was definitely inspired by this author at a "Making a Difference" conference in 2004. I especially admired his passion for a Spirit-driven, inclusive approach to positive change with "expectant joy of what could be right" rather than anger about what's wrong.

- *A Whole New Mind; Moving from the Information Age to the Conceptual Age* by Daniel H. Pink (Riverhead Books, 2005)

This is a fascinating book that's relevant to the "blending of both worlds," (or both sides of your brain) and the increasing value of right brain skills in the business world. Also check out DanPink.com.

- *Creating Your Life Collage: Strategies for Solving the Work/Life Dilemma* by Kathy McDonald and Beth Sirull (Three Rivers Press, 2000)
- *When Money Isn't Enough: How Women Are Finding the Soul of Success* by Connie Glaser and Barbara Smalley (Warner Books, 1999)
- *The Meaning of Life* by Bradley Trevor Grieve (Andrews McMeel Publishing, 2002)

This is a little, cute book with a huge, poignant message. It will make you laugh out loud and truly think about what you are doing with your life. Not bad for something you can digest in about ten minutes!

## Your Inspired Life Fitness Trail (Section 2):

### Station 1: Hit the Pause Button

- *Sabbath: Restoring the Sacred Rhythm of Rest and Delight* by Wayne Muller, (1999 Wayne Muller, Audio from SoundsTrue.com)
- *The Artist's Way: A Spiritual Path to Higher Creativity* by Julia Cameron with Mark Bryan, (G.P. Putnam's Sons, 1992)

Consider Cameron's Morning Pages as a morning ritual tool (and other concepts) from this now classic program of unblocking your true creativity.

- *Time Off for Good Behavior: How Hardworking Women Can Take a Break and Change Their Lives* by Mary Lou Quinlan (Broadway Books, 2005)

#### For Morning Ritual Inspiration:

- *Daily Word*. Subscribe at DailyWord.com or call 1-800-248-6489.
- *Every Day is a Blessing: 365 Illuminations to Lift the Spirit* edited by Rev. Aaron Zerah (Warner Books, 2002)
- *Love Poems from God: Twelve Voices from the East and West* translated by Daniel Ladinsky (Penguin Compass, 2002)

My copy is dog-eared and well-loved. Once, after teaching for 12 weeks, I took myself on a winter weekend retreat—a cozy B&B with a fireplace, a cup of black currant tea (or a glass of wine), and this book. Awesome gems in these pages!

- *Everyday Grace: Having Hope, Finding Forgiveness, Making Miracles* by Marianne Williamson (Riverhead Books, 2002)
- *Awakening Loving Kindness* by Pema Chodron (Shambala Pocket Classics, 1996)

This is a tiny treasure, to pack in your pocket for nature hikes, or keep handy bedside, in the bathroom or by the breakfast table.

#### Guided Audio Meditations for Tune-In Time:

- *Invocation of the Angels* by Joan Z. Borysenko, Ph.D. (CD, Hay House, Inc. 2005)
- *Spiritual Power, Spiritual Practice: Energy Evaluation Meditations for Morning and Evening* by Caroline Myss, Ph.D. (1998, Caroline Myss, SoundsTrue.com)

## Card Decks:

These cards could be a great way to Hit the Pause Button anytime, or to use as part of your morning ritual. You should be able to find these and other similar products at HayHouse.com.

- *Trust Your Vibes Oracle Cards* by Sonia Choquette (Hay House, 2004)
- *Inner Peace Cards* by Dr. Wayne W. Dyer (Hay House, 2001)

## Station 2: Get Back in Your Body

- The Institute of HeartMath, HeartMath.org (for research information). Also see HeartMath.com for a more commercial site featuring performance-enhancing, stress-reduction products and services.

## Books/ Audio books:

The following authors are leaders that first inspired me in the mid 90's. They continue to contribute provocative, practical advice for understanding and applying the body-mind-spirit connection for your overall healthy success.

- *Women's Bodies, Women's Wisdom* by Christiane Northrup, M.D. (Bantam Books, New Edition 2002)
- *Your Body is Your Subconscious Mind* by Candace Pert, Audio CD (Sounds True, 2004)
- *Reinventing Medicine: Beyond Mind-Body to a New Era of Healing* by Larry Dossey, M.D. (Harper Collins, 1999)
- *8 Weeks to Optimum Health* by Andrew Weil, M.D. (Alfred A. Knopf, 1997)
- *Anatomy of the Spirit: The Seven Stages of Power and Healing* by Caroline Myss, Ph.D. (Three Rivers Press, 1996)

This is a great introduction to Caroline Myss' work and understanding chakras. You'll gain another fascinating perspective on interpreting your body's symptoms and signals to you.

## Powerful and Fun Body Movement Resources:

- **DahnYoga.com**

Dahnhak is a holistic health program with ancient Korean roots that combines elements of yoga, tai chi and working with your vital Ki-energy.

- **TranceDance.com**

TranceDance is an amazing way to get out of your head, back into your body, and deepen your connection to that sense of Spirit within and all around you. Great music: *Shaman's Breath*, Professor Trance and the Energisers. You may also find this (and other music titles listed at the Trance Dance site) available on Amazon.com.

- **Nia-nia.com**

They say it's hard to define Nia – that it's more like chocolate, so you have to taste it. The website states, "Nia - Neuromuscular Integrative Action - is founded on the concept that there is a dancer, martial artist, and highly aware person within you. By melding various concepts together, Nia sets this person free." Try a taste and see for yourself.

### Station 3: Explore U

- *A Hidden Wholeness: The Journey Toward an Undivided Life* by Parker J. Palmer (Jossey-Bass, 2004)
- *Crossing the Unknown Sea: Work as a Pilgrimage of Identity* by David Whyte (Riverhead Books, 2001)

Find the poem, "What to Remember When Waking" in this book, relevant to my assertion that "having a plan is not the answer." This poem takes my breath away every time I read it!

- *Claiming Your Place at the Fire: Living the Second Half of Your Life on Purpose* by Richard J. Leider and David A. Shapiro (Berrett-Koehler, 2004)
- *Love It, Don't Leave It: 26 Ways to Get What You Want at Work* by Beverly Kaye and Sharon Jordan-Evans (Berrett-Koehler, 2003)

This book will inspire a practical application of "Awareness-Responsibility-Choice" relevant to your career, and stimulate ways to rejuvenate passion in your current work.

- *I Could Do Anything if Only I Knew What is Was* by Barbara Sher (Delacorte Press, 1994)
- *Callings: Finding and Following an Authentic Life* by Gregg Levoy (Harmony Books, New York, 1997)
- *Succulent, Wild Woman, Dancing with Your Wonder-Full Self* by Sark (Fireside, 1997)
- *The Woman Who Found Her Voice: A Tale of Transforming* by Susan O'Halloran and Susan Delattre (Innisfree Press, 1997)

### Station 4: Make Room

- *Gift from the Sea* by Anne Morrow Lindbergh (Pantheon Books, New York, 1955, 1975)
- *Simplify Your Life: 100 Ways to Slow Down and Enjoy the Things That Really Matter* by Elaine St. James (Hyperion, 1994)
- *Take Time for Your Life* by Cheryl Richardson (Broadway Books, New York, 1998)

This is especially useful for checklists to identify what may be a drain on you, plus encouragement about extreme self-care.

### Station 5: Assess Your Investments

- **The Power of Full Engagement: Managing Energy, Not Time, is the Key to Performance Health and Happiness** by Jim Loehr and Tony Schwartz (Free Press, 2003)
- *Work a Four Hour Day: Achieving Business Efficiency on Your Own Terms* by Arthur K. Robertson and William Proctor (William Morrow and Company, Inc. 1994)
- *The Answer to How is Yes* by Peter Block (Berrett-Koehler, 2002)

### Station 6: Strengthen Your Spirit Connection

- *I Will Not Die An Unlived Life: Reclaiming Passion and Purpose* by Dawna Markova (Conari Press, 2000)

This is a beautiful example of one woman's journey, diving deeper within her own true spirit. It's also a rich guide for questions to ask yourself. Consider packing this one for your soul getaway retreat.

- *Spirit Allies: Meet Your Team from the Other Side* by Christopher Penczak (Weiser Books, 2002)
- *The Psychic Pathway: A Workbook for Reawakening the Voice of Your Soul* by Sonia Choquette, Ph.D. (Three Rivers Press, 1995).

I am a huge fan of Sonia's work. While this may be a subject on the esoteric side for some, this book features clear, pragmatic how-to steps. It will help you clear blockages and build your connection to your true spirit.

- *Every Day Sacred: A Woman's Journey Home* by Sue Bender (Harper San Francisco, 1996)

This is another beautiful journey with this author's self-discovery process and worth taking on a soul getaway trip.

- *The Alchemist: A Fable About Following Your Dream* by Paulo Coelho (Harper Perennial, 1998)

If you prefer storytelling to help you connect with your destiny, you might pack this small treat for your getaway retreat and then treasure it in your library for years to come.

- **EdTownley.com**

Reverend Ed Townley offers a lively exploration of metaphysical principles, sharing the basics of “New Thought” and Unity concepts. This may help you stir up fresh perspectives on spirituality, and expand beyond old stories that may limit your inspired connection to your true spirit. Check out the free daily messages and more.

### Station 7: Connect with Your Right Tribe

- *Women Who Run with the Wolves: Myths and Stories of the Wild Woman Archetype* by Clarissa Pinkola Estes, Ph.D. (Ballantine Books, 1992)

The Ugly Duckling story is especially pertinent to the Right Tribe station. This book is a must-have for the woman exploring coming alive and into her full expression.

- *Sacred Contracts: Awakening Your Divine Potential* by Caroline Myss (Harmony Books, 2001)

The audio version (available through SoundsTrue.com) is a great overview about Myss’ concept of having “soul agreement” relationships, and archetypal patterns.

- *Networlding: Building Relationships and Opportunities for Success* by Melissa Giovagnoli and Jocelyn Carter-Miller (Jossey-Bass, 2000)
- *Attracting Perfect Customers: The Power of Strategic Synchronicity* by Stacey Hall and Jan Brogniez (Berrett-Koehler, 2001)

This is a fabulous combination of metaphysical attraction principles blended with strategic marketing applications.

### Station 8: Dive Deeper, Reach Higher

- *Taming Your Gremlin: A Guide to Enjoying Yourself* by Richard D. Carson with illustrations by Novle Rogers (HarperCollins, Revised Edition, 2003)

This small book carries a profound message for managing what Carson calls “the narrator in your head.”

- ***Law of Attraction: The Science of Attracting more of What You Want and Less of What You Don't*** by Michael Losier (2003)
- ***How Much Joy Can You Stand: How to Push Past Your Fears and Create Your Dreams*** by Suzanne Falter-Barnes (Beyond Words, 1999)

This is a slim book packed with ideas to inspire your creative process. Suzanne is a passionate advocate for helping people unleash their best. Also see [HowMuchJoy.com](http://HowMuchJoy.com).

### Station 9: Name and Claim Your Vision

- ***Your Heart's Desire: Instructions for Creating the Life You Really Want*** by Sonia Choquette (Three Rivers Press, 1997)

This is a great roadmap for setting intentions and doing your part to manifest your dreams.

- ***Your Money or Your Life: Transforming Your Relationship with Money and Achieving Financial Independence*** by Joe Dominguez and Vicki Robin (Penguin Books, 1992)

I'm including this book for its relevance to reclaiming your definition of success. It will stir up healthy questions about how you choose to invest your life energy moving forward.

- ***Imagine What America Could Be in the 21<sup>st</sup> Century: Visions of a Better Future from Leading American Thinkers*** edited by Marianne Williamson (Daybreak, from Rodale Books, 2000)

Let some of these big, sweeping visions inspire your bigger picture.

### Station 10: Chart Your Course, Enjoy the Ride

- ***Life Launch: A Passionate Guide to the Rest of Your Life*** by Frederic M. Hudson and Pamela D. McLean. (The Hudson Institute Press, 1996, Revised Edition, 2000)
- ***Wishcraft: How to Get What You Really Want*** by Barbara Sher with Annie Gottlieb (Ballantine Books, 1979, New Edition 2003)

This book has been around for awhile, *and* it still offers excellent tools for intentionally designing your life.

### Shall We Dance? (Chapter Five)

- ***Power Vs. Force: The Hidden Determinants of Human Behavior*** by David R. Hawkins, M.D., Ph.D. (Hay House, 2002)

This is a challenging and highly stimulating book relevant to “raising your vibration.” This will take you to new depths in appreciating levels of consciousness (from shame to courage to joy and enlightenment) and the impact these levels have on you and the world.

- *Anyway: The Paradoxical Commandments: Finding Meaning in a Crazy World* by Kent M. Keith (Berkley Books, 2001)

A poem was once circulating regarding a sign posted on Mother Teresa’s wall. The poem included lines such as, “The good you do today will be forgotten tomorrow. Do good anyway.” Kent Keith heard this story about Mother Teresa at a Rotary meeting, and was stunned to realize that these were his words, part of a student leadership booklet he had written thirty years earlier as a sophomore at Harvard! He was moved to learn that his words had made it all the way to India and to Mother Teresa’s home for children. His words will inspire you too.

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**For a free excerpt of this book and to reserve your copy, visit**  
**<http://www.marianbaker.com>**

**This is a book about changing your life.**  
**And, you could change the life of another woman on the other side of the world.**

While you are waking up to your inspired life, I would also like to encourage you to support life-changing opportunities for our global sisters. A portion of the proceeds of this book will be donated to Women for Women International (or other organizations inspiring and equipping women to create better lives).

About Women for Women International:

Women for Women International helps women in war-torn regions rebuild their lives by providing financial and emotional support, job skills training, rights awareness and leadership education and access to business skills, capital and markets. Through the program, women become confident, independent and productive as they embrace the importance of their roles in rebuilding their families, their communities and ultimately, their nations.

For more information or to sponsor a woman, please visit  
<http://www.WomenforWomen.org>

## About the Author



Selected as one of 50 top coaches in America, master certified coach, author and speaker Marian Baker has coached and led workshops with hundreds of clients from corporate, small business, non-profit and personal growth communities since 1996. Clients value her holistic approach, blending mind-body-spirit principles with pragmatic tools and concrete actions.

Marian is profiled (alongside best selling authors like Ken Blanchard) in the book, *The Art and Practice of Leadership Coaching; 50 Top Coaches Reveal Their Secrets*. Through her *Wake Up Inspired* book, groups and speaking, Marian is expanding her outreach in order to encourage and equip growth-seeking achievers to create the soul-fulfilling missions they are destined to enjoy.

Called "The Queen of Powerful Questions" by a leader of Coaches Training Institute, Marian has been quoted and featured in major media such as Health magazine and The Chicago Tribune. She has also been selected as an expert for Fitness Magazine's *You Can Do It* program. Marian is co-author of the *Awakening Corporate Soul: High Performance, High Fulfillment* workbook.

Once upon a time, Marian's life appeared to be a smash success from the outside looking in. However, she gradually began asking, "Is this all there is?" and craving more meaningful fulfillment. Today, she's waking up inspired, humbled at the joy she feels in her own life, and delighted to help others fuel their own unique success stories. Marian loves this work, admires her clients, and will become your devoted champion. She falls asleep grateful each night with her husband and cats in Chicago.

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