



# BOOKS FOR YOU

## ABOUT DEBRA RAMSAY

Debra Ramsay is the Founder and President of iNTENTION first. Through her workshops, retreats, and resources, Debra provides coaching, yoga, energetic experiences, and information to help people leave their limitations behind and move into their most desired life - body, mind, and spirit.

## ABOUT INTENTION FIRST

iNTENTION first, a spirit-led, global upliftment enterprise, dedicated to inspiring people to live their dreams and THRIVE.

iNTENTION first is for anyone ready to start healing their blocks - body, mind, and spirit - and say YES! to living their dreams.  
[www.IntentionFirst.com](http://www.IntentionFirst.com)

## IGNITE YOUR LIFE

Here are some suggested reads to support you on your path to living your dreams. Make sure to take some notes as you read; it enhances retention. A notes sheet is included!

HAPPY READING!

- *As a Man Thinketh* by James Allen
- *Ask and It Is Given* by Esther and Jerry Hicks
- *Eat, Pray, Love* by Elizabeth Gilbert
- *Graceling* by Kristin Cashore
- *Hold Me Tight* by Sue Johnson
- *Light Is the New Black* by Rebecca Campbell
- *The 5 Love Languages* by Gary Chapman
- *The Invitation* by Oriah
- *The Science of Getting Rich* by Wallace D. Wattles
- *Think and Grow Rich* by Napoleon Hill
- *You Can Heal Your Life* by Louise Hay

# A BOOK I'VE READ

Book Title:

Author:

Date:

I decided to read this  
because...

Did I get what I  
wanted/expected? Why?

I would or would not  
recommend this book  
because...

Notes:

In summary, here are some key takeaways: