

Soulfarer Book Club — Reading List

Compiled by Lara Just (www.adadsu.com)

Short Curated Starter List

This is a starter list for a shared pool of possibilities for reading together. Ideas and contributions welcome.

Novels (for first choices)

- [This, My Second Life](#) — Patrick Charnley (2026) (good first entry choice)
- [The Midnight Library](#) — Matt Haig (2020)
- [Falling Apart and Other Gifts from the Universe](#) — Catherine Ryan Hyde (2025)
- [Love's Executioner and Other Tales of Psychotherapy](#) — Irvin D. Yalom (2013)

Reflective / Opening

- [A Matter of Death and Life](#) — Irvin D. Yalom & Marilyn Yalom (2022)
- [The Alchemist](#) — Paulo Coelho (1995)
- [The Peaceful Warrior](#) — Dan Millman (2006)
- [The Horses Know](#) — Lynn Mann (2016)
- [The Untethered Soul](#) — Michael A. Singer (2007)

Edge / Optional

- [The Future Human](#) — Lee Harris (2023)
- [Between Death and Life](#) — Dolores Cannon (1993)
- [Through 7 Lives](#) - David Nathan (2025)
- [Three Waves of Volunteers and the New Earth](#) — Dolores Cannon (2011)

Non-Fiction (Optional / Later)

- [You Are the Placebo](#) — Joe Dispenza (2014)
- [The Biology of Belief](#) — Bruce Lipton (2015)
- [The Myth of Normal](#) — Gabor Maté (2024)
- [The Book of Form and Emptiness](#) - Ruth Ozeki (2022)