



Self Study Resources



>>resources for self guided study of Human Design, Astrology,
and other holistic self-care modalities<<

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Hi beautiful soul! Congrats on making the conscious decision to seek a more abundant life through holistic self care. I'm so happy to know you are here, taking a deeper interest in guiding your own self-care journey and cultivating self Love.

When it comes to learning about ourselves, especially through Human Design, it can be easy to get caught up (dare I say addicted to) consuming the many layers of knowledge. But please remember that for authentic and lasting results, there has to be space and time for experiencing the knowledge in our daily lives. We must integrate more than we consume. That's why I created [Nurture by Nature](#).

However, there are resources that I personally use and share with you here for further self study and knowledge building. I offer the following list as suggestions only; I encourage you to do your own research and use your Authority for deciding what to purchase. Libby Hoffmann-Moderne Homemaker is not endorsed by or affiliated with any of the following, unless otherwise noted.

The Definitive Book of Human Design: the Science of Differentiation

by Lynda Bunnell + Ra Uru Hu

Living Your Design-Student Manual

by Lynda Bunnell, authorized by IHDS

*I recommend shopping for the above texts and other HD references at [Human Design America](#)

Human Design

by Chetan Parkyn

Intuitive Astrology

by Elizabeth Rose Campbell

The Spirit Almanac - A Modern Guide to Ancient Self-Care

by Emma Loewe + Lindsay Kellner

Forest Therapy

by Sarah Ivens

*I recommend shopping for the above books at [Books + Crannies](#), or your local bookstore