I’m Kaila McDonald and I’ll be building a website about my self-development library to help connect people with books that are relevant to their current needs.

As an aspiring marriage and family therapist, I have a deep respect for working hard on oneself. While I pursue my psychology education, I do a lot of independent reading from professionals in my chosen field.

There are so many people who want to improve themselves but are overwhelmed when they see the enormous quantity of self-development books available. This overwhelm is compounded by the vague blurbs and misleading credentials that can be present in books. I will create a website that categorizes books by helpfulness for different relationships and I’ll include a book review for each.