Resource List for Thrive

Apps

1. 7 – 7 minute workouts for circuit training, stretching
2. Calm – meditation app and sleep time aids
3. Lose It – food tracking
4. My Fitness Pal – food tracking
5. Welltory – energy management
6. Pocket Yoga – on the go yoga routines
7. Map My Fitness – record workout data
8. Rise – sleep analysis
9. Mesmerize – relieve stress and practice mindfulness with kaleidoscope images
10. Pillow – Sleep analysis
11. Withings – measurement data and insights through Withings products
12. Bodi – variety of workouts through a monthly subscription
13. Supernatural – VR game for oculus
14. Under Armour Fitness – data collection from workouts
15. Nike Fitness – data collection form workouts
16. Notability – great for journaling
17. Goodnotes – great for journaling

Websites

1. Mindful.com – articles and resources to increase mindfulness
2. 10% Happier – articles and resources for increasing gratitude and happiness
3. Headspace – stress management and meditation

Books

- Jim Loehr – The Power of Story
- Jim Loehr – The Power of Full Engagement
- Brene' Brown – Atlas of the Heart
- Douglas Abrams – The Book of Joy with Dalai Lama and Desmond Tutu
- James Clear – Atomic Habits
- Clayton Christianson – How Will You Measure Your Life