

- Acceptance and Commitment Therapy:
  - Get Out of Your Mind and Into Your Life by Steven Hayes
  - The Happiness Trap by Russ Harris
  - The Reality Slap by Russ Harris
  - <https://www.youtube.com/@dr.russharris-acceptanceco972>
  - Values Card Sort - <https://www.think2perform.com/values/#start>
- Attention and Time Management:
  - Mastering Your Adult ADHD by Safren et al (2017)
  - Delivered from Distraction or Driven to Distraction (Revised) by Hallowell
  - The ADHD Effect on Marriage by Melissa Orlov
  - How to Keep House While Drowning by KC Davis
  - Huberman Lab episode with Dr. Adam Grant: How to Unlock Your Potential, Motivation, and Unique Abilities  
[https://open.spotify.com/episode/oJMLbCsHHba56mHr2niL2g?si=Awm9GFBE R76jUlgA\\_2DCfA](https://open.spotify.com/episode/oJMLbCsHHba56mHr2niL2g?si=Awm9GFBE R76jUlgA_2DCfA)
  - Eisenhower Matrix <https://asana.com/resources/eisenhower-matrix>
  - [Understanding and Overcoming Procrastination | McGraw Center for Teaching and Learning](#)
  - [Principles of Effective Time Management for Balance, Well-being, and Success | McGraw Center for Teaching and Learning](#)
- Chronic Illness:
  - How to be Sick by Toni Bernhard
  - How to Live Well with Chronic Pain and Illness by Toni Bernhard
  - A Mind Unraveled by Kurt Eichenwald (for epilepsy specifically)
- Cognitive Behavioral Therapy:
  - Beyond Happiness by Dr. Jennifer Guttman
  - The Everything Guide to Cognitive-Behavioral Therapy by Ellen Bowers, PhD
  - The Feeling Good Handbook by David, D. Burns, MD
- Dialectical Behavioral Therapy:
  - The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation by Matthew McKay, PhD, Jeffrey C. Wood, PsyD, & Jeffrey Brantley, MD
  - The Neurodivergent Friendly Workbook of DBT Skills by Sonny Jane Wise
  - DBT Infographics: <https://www.shireenrizvi.com/resources>
  - DBT informational videos: <youtube.com/dbtru>
- Food, Eating, Alcohol:
  - The Mindfulness-Based Eating Solution by Lynn Rossy
  - When Food is Food and Love is Love by Geneen Roth
  - Intuitive Eating by Evelyn Tribole and Elyse Resch
  - Food, We Need to Talk (Podcast)
  - Sober Curious by Ruby Warrington
- Habits:
  - Tiny Habits by BJ Fogg
  - The 6 Habits of Growth by Brendon Burchard

- Grit by Angel Duckworth
- Atomic Habits by James Clear
- Love, Relationships, and Sex:
  - Loving Bravely by Dr. Alexandra Solomon
  - Taking Sexy Back by Alexandra Solomon
  - Daring to Trust by David Richo
  - Secure Love by Julie Menanno
  - An Emotionally Focused Workbook for Couples (2nd Edition) by Veronica Kallos-Lilly and Jennifer Fitzgerald
  - The Ethical Slut (Third Edition): A Practical Guide to Polyamory, Open Relationships, and Other Freedoms in Sex and Love by Janet W. Hardy and Dossie Easton
  - Polysecure: Attachment, Trauma and Consensual Nonmonogamy by Jessica Fern
  - Tell Me What You Want by Dr. Justin Lehmiller
  - Eight Dates by Gottman and Gottman
  - Come as You Are by Emily Nagosaki
  - Love Sense by Dr. Sue Johnson
  - <https://www.sexandpsychology.com/>
  - <https://sexwithemily.com/>
- Mindfulness & Self-Compassion
  - The Mindful Path to Self-Compassion by Christopher Germer
  - Self-Compassion by Dr. Kristen Neff
  - Radical Acceptance by Tara Brach
    - <https://www.tarabrach.com/resources/>
  - Full Catastrophe Living by Jon Kabat-Zinn
  - 10% Happier by Dan Harris
  - Mindful.org
  - Self-Compassion.org
- Stress and Anxiety Reduction:
  - The Upside of Stress by Kelly McGonigal
  - The Mind-Body Stress Reset by Rebeckah LaDyne
  - Why Zebras Don't Get Ulcers by Robert Sapolsky
  - The Stress Prescription by Elissa Epel
    - She also is on an episode of Huberman Lab during which she discusses her research:
      - <https://hubermanlab.com/dr-elissa-epel-control-stress-for-healthy-eating-metabolism-and-aging/>
- Weight Stigma, Body Image, Health at Every Size:
  - Anti-Diet by Christy Harrison
  - The Emotional Eating, Chronic Dieting, Binge Eating & Body Image Workbook by Judith Matz, Amy Pershing, and Christy Harrison
  - You Just Need to Lose Weight & 19 Other Myths about Fat People by Audrey Gordon
  - <https://haeshealthsheets.com/>

- Maintenance Phase Podcast
- <https://more-love.org/resources/free-dont-weigh-me-cards/>
- Well-Being:
  - The Science of Happiness Podcast
  - <https://greatergood.berkeley.edu/>
  - Flourish by Martin Seligman
  - Learned Optimism by Martin Seligman
  - The Gifts of Imperfection by Brené Brown
  - Atlas of the Heart by Brené Brown
  - Daring Greatly by Brené Brown
    - Brené Brown has lots of resources on her website for the various books she has written: <https://brenebrown.com/resources/>
  - Navigating Wellness: A Year-Long Guided Journal for Self-Discovery and Growth by Rebecca Kinsey
  - Life in Three Dimensions by Shigehiro Oishi
  - Emotional Intelligence by Daniel Goleman
  - Pursuing the Good Life by Chris Peterson
- Work:
  - <https://adamgrant.net/podcasts/>
  - <https://www.scienceofpeople.com/> – resources for navigating difficult conversations at work and has lots of articles about general social skills
- Parent Relationships:
  - Adult Children of Emotionally Immature Parents by Lindsay Gibson
  - Mother Hunger by Kelly McDaniel
- TedTalks:
  - How to Make Stress Your Friend by Kelly McGonigal  
[https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend)
  - This Could Be Why You're Depressed or Anxious by Johann Hari  
[https://www.ted.com/talks/johann\\_hari\\_this\\_could\\_be\\_why\\_you\\_re\\_depressed\\_or\\_anxious?language=en](https://www.ted.com/talks/johann_hari_this_could_be_why_you_re_depressed_or_anxious?language=en)
  - You Don't Actually Know What Your Future Self Wants by Shankar Vedantam  
[https://www.ted.com/talks/shankar\\_vedantam\\_you\\_don\\_t\\_actually\\_know\\_what\\_your\\_future\\_self\\_wants?fbclid=IwAR0\\_QmvrvTgz-UKjp03c2pz05IFxeKbWUBzhcH2xMj-qwscEZRr4ODwgKg](https://www.ted.com/talks/shankar_vedantam_you_don_t_actually_know_what_your_future_self_wants?fbclid=IwAR0_QmvrvTgz-UKjp03c2pz05IFxeKbWUBzhcH2xMj-qwscEZRr4ODwgKg)
  - Why We Hold Hands by James Coan  
<https://www.youtube.com/watch?v=1UMHUPPO96c>
  - Why You Procrastinate Even When It Feels Bad  
<https://www.youtube.com/watch?v=FWTNMzK9vG4>
  - How to Enter Flow State <https://www.youtube.com/watch?v=orIjFCNay2Q>
  - The Benefits of Not Being a Jerk to Yourself  
[https://www.ted.com/talks/dan\\_harris\\_the\\_benefits\\_of\\_not\\_being\\_a\\_jerk\\_to\\_yourself](https://www.ted.com/talks/dan_harris_the_benefits_of_not_being_a_jerk_to_yourself)

- How to Stop Languishing and Start Finding Flow  
<https://www.youtube.com/watch?v=a3zPgyvCiJI>
- Gratitude Practices from Joel Wong (IU):
  - Practical tips for cultivating gratitude.
    - <https://indianauresearch.wixsite.com/gratitude-for-life>
  - Try responding to these 130 gratitude prompts.
    - <https://indianauresearch.wixsite.com/gratitude-for-life/general-5>
  - Consider these 12 gratitude practices:
    - <https://indianauresearch.wixsite.com/gratitude-for-life/gratitude-practices>