

- 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.rushharris-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/oJMIbCsHHba56mHr2niL2g?si=AwmgGFBE_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)
 - All in Her Head by Elizabeth Comen (more about feeling empowered to speak up in medical settings)
- 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
 - Reinventing Your Life by Jeffrey Young and Janet Klosko
- 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
 - The Hunger Habit by Judson Brewer
 - 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
 - Fierce 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 Rebekkah 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/>
 - When the Body Says No by Gabor Mate
- 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
 - Talk Like TED by Carmine Gallo (good skill building resource if you have to do public speaking/presentations at work)
 - Burnout by Emily Nagoski and Amelia Nagoski
- 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
 - 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
 - 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=IwARo_QmvrvvTgz-UKjp03c2pz05IFxeKbWUBzhcH2xMj-qwscEZRr4ODwgKg

- Why We Hold Hands by James Coan
<https://www.youtube.com/watch?v=1UMHUPPQ96c>
- 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
- 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>