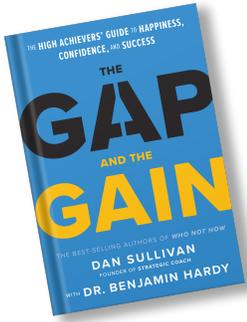


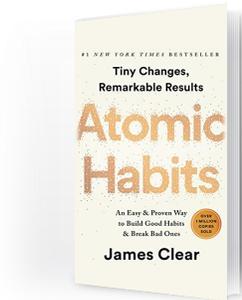
Gap and Gain



The elevator-pitch summary is that it can be helpful to occasionally measure backwards from where we started rather than always looking forward to the future at the ever-moving target. In sports, athletes get upset when they lose the championship game but forget how far they had to come to reach the championship game... not fair!?

<https://gapandgainbook.com>

Atomic Habits



“Atomic habits” is about the small actions we can take to get 1% better everyday and achieve our goals.

<https://jamesclear.com/atomic-habits>

Women are *not* small men (TED Talk video), Dr. Stacy Sims



Why is it that despite continuous efforts, diets, and different workout regimes that women continue to feel flat and plateau in their progress? Gender bias in the health and wellness spheres that were created around men and male bodies. Women are not small men, so we cannot expect our bodies to respond the same way a man's body might.

https://www.ted.com/talks/stacy_sims_women_are_not_small_men_a_paradigm_shift_in_the_science_of_nutrition

Power Pose (TED Talk video)



Our body language impacts how others see us, but equally importantly is that our body language impacts the way we see ourselves. Imposter syndrome gets the best of all of us, but faking it until you make it may actually help you feel like the driver, not the passenger, off your own car.

https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are?language=en

Brene Brown, Author



Brene Brown is a researcher, author, and storyteller who believes in embracing the suck and that we have to walk through vulnerability in order to find courage. She has written many books and hosts two podcasts offering valuable insight into being grateful for the life we have, even when it feels like everything is working against us. *Check out her latest “Atlas of the Heart”*

<https://brenebrown.com>

Gamification (TED Talk video)



Scott Hebert talks about what we can do to increase engagement and learning in education and in life.

https://www.ted.com/talks/scott_hebert_the_power_of_gamification_in_education

Super Mario Effect (TED Talk video)



When 50,000 of Mark Rober's three million YouTube subscribers participated in a basic coding challenge, the data all pointed to what Rober has dubbed the Super Mario Effect. The YouTube star and former NASA engineer describes how this data-backed mindset for life gamification has stuck with him along his journey, and how it impacts the ways he helps (or tricks) his viewers into learning science, engineering, and design. Mark Rober has made a career out of engineering, entertainment, and education.

https://www.ted.com/talks/mark_rober_the_super_mario_effect_tricking_your_brain_into_learning_more?language=en

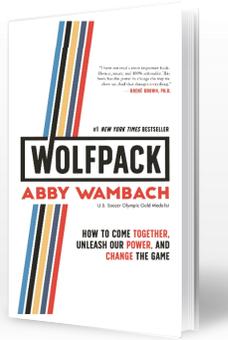
Jay Shetty, Author



Jay Shetty is a monk who hosts podcasts and writes books about mental health, purpose, and self-awareness. He comes from a very unique background, but talks about navigating the struggles and obstacles of everyday life in a way that everyone can relate to and learn from.

<https://jayshetty.me>

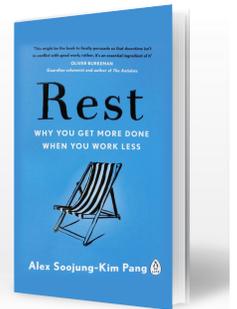
Wolf Pack



Wolf Pack, written by 2x Olympic gold medalist, Abby Wambach, is about the need for women to rally together and support one another. It is about how everyone can benefit from strength in numbers, equality, and supporting the achievements of others.

Rest

This book calls us to rethink how we structure and value our work-life balance. We are more productive and creative in our work when we are well rested and have the ability to engage in leisure activities. We should all work to live, not live to work.



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