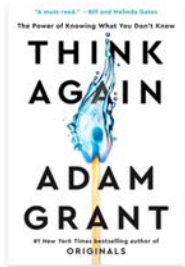


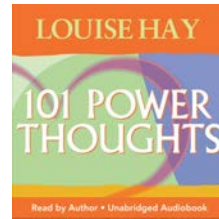
CONFERENCE YEAR-ROUND

How Prioritizing Wellness Can Level Up Your Career Resources

Books



Think Again: The Power of Knowing What You Don't Know
Author: Adam Grant
<https://www.adamgrant.net/>



101 Power Thoughts (Audio Book)
Author: Louise Hay
<https://www.louisehay.com/>



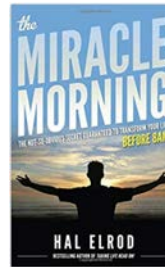
You Can Heal Your Life
Author: Louise Hay
<https://www.louisehay.com/>



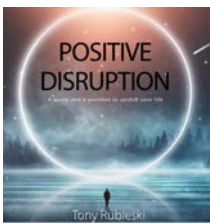
Failing Forward
Author: John Maxwell
<https://www.johnmaxwell.com/>



The Art of Extreme Self-Care
Author: Cheryl Richardson
<https://cherylrichardson.com/>

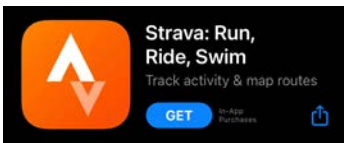


The Miracle Morning
Author: Hal Elrod
<https://miraclemorning.com/>



Positive Disruption: A quote and a question to upshift your life
Author: Tony Rubleski
<https://mindcapturegroup.com/positivebook>

Fitness Tracking



Track and analyze activity, map routes, compete in challenges
<https://www.strava.com/>

Online Resources



The world's largest e-counseling platform
<https://www.betterhelp.com/>