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School of Wellness
Revolutionizing Self-Care

Wellbeing Resources

It is crucial that we curate what we let into our lives. One way to do that is to pursue *narrowcasts*. There are currently over 2 million podcasts available on any topic you can think of. Here on my favorites on health and wellness:

Podcasts

- *No Stupid Questions*
- *Kelly Corrigan Wonders*
- *The Happiness Lab @ Yale*
- *How's Work?* and *Where Should we Begin?* (couples counseling) with Esther Perel
- *Unlocking Us* and *Dare to Lead* with Brene Brown
- *The Knowledge Project*
- *WorkLife with Adam Grant*: A TED original podcast
- *Hidden Brain*
- *The Psychology Podcast* with Scott Barry Kaufman
- *Found My Fitness* with Dr. Rhonda Patrick
- *The Drive: Optimizing Health and Longevity* with Peter Attia MD
- *Phit 'N Phat*: How to Lose 100 pounds (if you don't mind swearing)
- *On Being* with Krista Tippett
- Interviews with Yuval Harari (Author of *Sapiens*)

Brain Health/Meditation

- [Waking up with Sam Harris](#)
- Headspace
- 10% Happier
- Happify
- Calm
- YouTube Guided Meditations

Parenting Classes

- Parent Encouragement Program (pepparent.org)

Eileen's Book

- **Choosing Wellness: Unconventional Wisdom for the Overwhelmed, the Discouraged, the Addicted, the Fearful or the Stuck** (2021). Available at most booksellers.

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Sign up for monthly “Wellness Pearls” and find books, documentaries and TED Talk recommendations at eileenogrady.net