How Prioritizing Wellness Can Level Up Your Career

Books

- Think Again: The Power of Knowing What You Don’t Know
  Author: Adam Grant
  [https://www.adamgrant.net/](https://www.adamgrant.net/)

- You Can Heal Your Life
  Author: Louise Hay
  [https://www.louisehay.com/](https://www.louisehay.com/)

- The Art of Extreme Self-Care
  Author: Cheryl Richardson
  [https://cherylrichardson.com/](https://cherylrichardson.com/)

- Failing Forward
  Author: John Maxwell
  [https://www.johnmaxwell.com/](https://www.johnmaxwell.com/)

- The Miracle Morning
  Author: Hal Elrod
  [https://miraclemorning.com/](https://miraclemorning.com/)

- 101 Power Thoughts (Audio Book)
  Author: Louise Hay
  [https://www.louisehay.com/](https://www.louisehay.com/)

- Positive Disruption: A quote and a question to upshift your life
  Author: Tony Rubleski
  [https://mindcapturegroup.com/positivebook](https://mindcapturegroup.com/positivebook)

Fitness Tracking

- Strava: Run, Ride, Swim
  Track activity, map routes, compete in challenges
  [https://www.strava.com/](https://www.strava.com/)

Online Resources

- The world’s largest e-counseling platform
  [https://www.betterhelp.com/](https://www.betterhelp.com/)