

RESOURCES

BOOKS

- Achor, S. (2010). *The happiness advantage: The seven principles of positive psychology that fuel success and performance at work* (1st ed.). Crown Currency.
- Clear, J. (2018). *Atomic habits: An easy and proven way to build good habits and break bad ones* (1st ed.). Avery.
- Duhigg, C. (2016). *Smarter, faster, better: The secrets of being productive in life and business* (1st ed.). Random House.
- Dweck, C. (2017). *Mindset – Updated edition: Changing the way you think to fulfill your potential*. Little, Brown Book Group.
- Fogg, B. J. (2020). *Tiny habits: The small changes that change everything*. Harvest.

PODCASTS

- Ben-Shahar, T. (Host). (2019 – 2021). *Happiness studies academy* [Audio podcast].
<https://www.happinessstudies.academy/all-podcasts>
- Grant, G. (Host), & Clear, J. (2023, July 20). Building atomic habits with James Clear [Audio podcast episode]. In *Re:Thinking with Adam Grant*. TED audiocollective.
<https://www.youtube.com/watch?v=M7kFkaglu1Q>
- Harris, D. (Host). (2016 – present). *Ten percent happier* [Audio podcast].
<https://www.tenpercent.com/podcast>
- Huberman, A. (2000 – present). *Huberman lab podcast* [Video podcast].
<https://www.hubermanlab.com/podcast>

TOOLS

Habit Tracker

<https://jamesclear.com/habit-tracker>

The author of *Atomic Habits* gives you the ultimate guide to why and how to track your habits.

Rethinking Stress Toolkit

<https://sparqtools.org/rethinkingstress>

A program from Stanford University that can help you change your mindset about stress.

APPS

Habit Tracker

[iOS](#)

Insight Timer

[iOS](#)

iBreathe

[Android](#) | [iOS](#)

Mindfulness Coach

[Android](#) | [iOS](#)

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