

Do More of What Makes You Healthy

Cultivating Joy and Creativity

Free Videos:

Daring Greatly to Unlock Your Creativity with Brene Brown -

<https://www.youtube.com/watch?v=kAk4cwjvJ0A>

Brene Brown on Vulnerability -

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

Brene Brown Video Page -

<https://brenebrown.com/videos/>

Elizabeth Gilbert on How to Open Yourself Up to Creativity -

<https://www.youtube.com/watch?v=TuBpr6BuiVA>

Elizabeth Gilbert - Your Elusive Creative Genius -

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

30 Days of Genius - Free Video Lessons on Creativity featuring new speakers each day -

<https://www.creativelive.com/class/30-days-genius-chase-jarvis>

Audio books:

Big Magic: Creative Living Beyond Fear by Elizabeth Gilbert -

<https://amzn.to/2ugvNT9>

The Gifts of Imperfection: Let Go of Who You Think You're Supposed To Be and Embrace Who You Are by Brene Brown -

<https://amzn.to/2NJ3c0Z>

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead by Brene Brown -

<https://amzn.to/2NahHde>

Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead -

<https://amzn.to/2NbEK7y>

Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone by Brene Brown -

<https://amzn.to/2uhjWVa>

Podcast:

Magic Lessons Podcast by Elizabeth Gilbert - Start at the bottom with Season 1 episode 1, and work your way up. <https://www.elizabethgilbert.com/magic-lessons/>