

**Self-Care Resources**

**Books**

# Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones by James Clear

## Burnout: [The Secret to Unlocking the Stress Cycle](https://www.amazon.com/Burnout-Secret-Unlocking-Stress-Cycle-ebook/dp/B07DT4GW16/ref=sr_1_1?keywords=burnout&qid=1569511237&sr=8-1) by [Emily Nagoski](https://www.amazon.com/Emily-Nagoski/e/B00Q0B4CHK?ref=sr_ntt_srch_lnk_1&qid=1569511237&sr=8-1)and Amelia Nagoski

# Do Less: A Revolutionary Approach to Time and Energy Management for Busy Moms by Kate Northrup

The Miracle Morning: The Not-So-Obvious Secret Guaranteed to Transform Your Life Before 8AM by Hal Elrod

## Slow: [Simple Living for a Frantic World](https://www.amazon.com/Slow-Simple-Living-Frantic-World-ebook/dp/B07TLDJQF2/ref=sr_1_1?keywords=slow&qid=1569511272&sr=8-1) by [Brooke McAlary](https://www.amazon.com/Brooke-McAlary/e/B06XC9DTBM?ref=sr_ntt_srch_lnk_1&qid=1569511272&sr=8-1)

## [Soulful Simplicity: How Living with Less Can Lead to So Much More](https://www.amazon.com/Soulful-Simplicity-Living-Less-Lead/dp/B078849JML/ref=sr_1_3?keywords=soulful+simplicity&qid=1569511298&sr=8-3)

by Courtney Carver

## Present Over Perfect: [Leaving Behind Frantic for a Simpler, More Soulful Way of Living](https://www.amazon.com/Present-over-Perfect-Leaving-Frantic/dp/B01IAIZH5G/ref=sr_1_1?keywords=present+over+perfect&qid=1569511329&sr=8-1) by Shauna Niequist

**Podcasts**

100% Guilt-Free Self-Care

Body Kindness

CTZN

Edit Your Life

The Happiness Lab

Love, Curvy Yoga

Needy (Mara Glatzel)

Polly Campbell, Simply Said

Self Care Sundays (Aditi Juneja)

Selfie

**Meditation, Self-Care and Therapy Apps**

Calm

Fabulous

Headspace

Talkspace

**Virtual Courses**

The Science of Wellbeing (offered for free on Coursera)