

BEING LAWYERS

Resources

Videos:

- Our free videos at www.beinglawyers.com
- "Hope for Mental Health" talk by Dr Bill Pettit, Psychiatrist:
<https://3pconference.org/hope-for-mental-health-william-pettit-jr-m-d/>
- The REAL Source of Stress by Dr George Pransky:
 - Part 1: <https://www.youtube.com/watch?v=bdguEPZkAVQ>
 - Part 2: <https://www.youtube.com/watch?v=sedgc9o1QIE>
 - Part 3: <https://www.youtube.com/watch?v=bwWLHLQXMrY>
- "Why Arent We Awesomer" TED talk by Michael Neill:
<https://www.youtube.com/watch?v=xr6VawX2nr4>
- "How to make stress your friend" TED talk by Kelly McGonal:
<https://www.youtube.com/watch?v=RcGyVTAoXEU>

Books:

- Nassim Nicholas Taleb: 'Antifragile: Things That Gain from Disorder
- Reinventing Yourself by Steve Chandler
- "The Power of TED" by David Emerald

On the new approach:

- Instant Motivation by Chantal Burns
- Invisible Power by Ken Manning, Robin Charbit and Sandra Krot
- The Space Within by Michael Neill
- Results – Think Less. Achieve More by Jamie Smart

If you have any questions, please contact me at chetna@beinglawyers.com. To join our free members club for exclusive access to resources, go to <http://www.beinglawyers.com/take-action>