



## Reading & Listening

A few Books and podcasts I am referring to or enjoying at the moment, hopefully they have something to offer you too!

### Podcasts

[Dont stop us now](#) - A relatively new podcast founded by two inspiring women who happen to be some of my favourite people. "Hear fascinating stories from innovative and pioneering women around the globe and get to know the person behind the success story - you know, the one who has experienced the same kind of doubts, fears and tough times as most of us have".

[Good Life Project](#) - Great to scroll through and pick a interview that speaks to you " Inspirational, intimate and disarmingly-unfiltered conversations about living a fully-engaged, fiercely-connected and meaning-drenched life. From iconic world-shakers like Elizabeth Gilbert, Brene Brown, Sir Ken Robinson, Seth Godin and Gretchen Rubin to everyday guests, every story matters."

### Books

[Braving The Wilderness](#) - So many great books by Brene Brown, just one I happen to be reading right now.

[Dirty Genes](#) - Dirty Genes powerfully challenges the notion that genes are the final arbiters of health and disease. Dr. Ben Lynch skillfully reveals how leveraging specific lifestyle choices can help re-write our health destiny." -David Perlmutter MD, #1 New York Times bestselling author of Grain Brain and The Grain Brain Whole Life Plan

[Loving What is](#) - The book explores "four questions that, when applied to a specific problem, enable you to see what is troubling you in an entirely different light. As Katie says, "It's not the problem that causes our suffering; it's our thinking about the problem." - The Work Byron Katie

[Nutrient Power](#) -"Over his impressive career, Dr. Walsh has worked with 30,000 patients with conditions ranging from autism to schizophrenia to Alzheimer's. His book is an essential tool for anyone who would prefer to heal the brain with nutrients rather than drugs." - Teri Arranga, editor-in-chief, Autism Science Digest.