**Self Help Podcast and Book Recommendations**

**PODCASTS**

**Brenè Brown: *Unlocking Us***

***Dr. Vivek Murthy and Brené on Loneliness and Connection***

Have you ever struggled with feeling lonely – even when you’re surrounded by people you love? I have. It’s painful and confusing. In this episode, I talk to Dr. Vivek Murthy, a physician and the 19th Surgeon General of the United States, about loneliness and the physical and emotional toll that social disconnection takes on us. We talk about his new book, TOGETHER, and what it takes for each of us to tilt the world toward love and connection.

***Brené with Samin Nosrat on Grief, Gratitude, and Connection***

Get ready for a delicious conversation. I am talking to Samin Nosrat, author, cook, teacher, podcaster, and the force of nature behind the revolutionary cookbook *Salt, Fat, Acid, Heat*and its Netflix documentary. We connect on her work and the struggles and realities of creating connections in a period of great disconnection.

**Brené with Emily and Amelia Nagoski  
on Burnout and How to Complete the Stress Cycle**

Burnout. We’re all experiencing it and we’re all desperate for a way through it. In this episode, I talk to Drs. Emily and Amelia Nagoski about what causes burnout, what it does to our bodies, and how we can move through the emotional exhaustion. This has been a game-changer for me and for my family!

**Jay Shetty: *On Purpose***

***6 Ways to Take a Break***

Burnout. When you reach the point where you’re physically, emotionally, and mentally exhausted due to prolonged and excessive stress at work, you get burned out. You start to malfunction in your daily life, work less and become unproductive.

No one wants to go through such lengths of exhaustion. No one wants to drain themselves. Nobody would willingly burn themselves out. We all want a productive and stress-free work life so we remain our best selves when we are finally out from work.

In this episode of On Purpose, Jay Shetty discusses why taking breaks daily, weekly, monthly, quarterly, and yearly is crucial to rejuvenating our body and rewiring our minds.

***TRAIN YOUR BRAIN FOR FOCUS***

***4 WAYS TO AVOID DISTRACTIONS AND TRAIN YOUR BRAIN FOR FOCUS DURING LOCKDOWN***

Have you ever been listening to a song and wished you could listen to it forever? Or hugged a loved one and never wanted to let go?

On this episode of *On Purpose with Jay Shetty,*Jay guides you through ways to linger those positive moments to train your brain to be happier, more focused, and less stressed.

***SID MALHOTRA***

***5 STRATEGIES FOR CALMING ANXIETY & HOW TO END THE STIGMA AROUND MENTAL HEALTH***

Sid Malhotra learned from a young age not to share his feelings. Growing up in New Delhi, he watched as people in his family and community bottled up their emotions and figured he should do the same.

In this episode of On Purpose, well-known Indian Actor Sid Malhotra and Jay Shetty talk about how to end the stigma around mental health that is so apparent in many cultures, specifically the south asian culture Sid grew up in. They break down five strategies for learning to talk about your mental health challenges openly and in turn manage the anxiety that comes with them.

**Tiny Leaps, Big Changes**

Tiny Leaps, Big Changes is a personal development podcast focused on exploring the day-to-day behaviors we all engage in that determine the results we gain in our lives. Hosted by Gregg Clunis, the show shares simple strategies you can implement into your life to start moving the needle towards your biggest goals.

**The Science of Happiness**

Happiness is a science. If you want to learn research-tested strategies for a more meaningful life, and how to approach life with gratitude and mindfulness, then start putting this one on repeat and live a happier life.

**Airplane Mode**

When you just want to step away from the noise and find your purpose, you can switch into Airplane Mode. See what they did there? It’s all about how to keep your head on straight when life gets a little haywire. You can learn how to kick bad habits, read more books and live smarter and healthier. Host Clay Skipper doesn’t disappoint with this one, and you’re sure to upgrade yourself a little along the way.

**Not Another Anxiety Show**

This isn’t about finding your breath or finding positive thoughts, it’s about learning what anxiety actually is, how it can get the best of ALL of us, and how you can move on from it (sans yoga). Get insight into practical tips and resources and gain a deeper understanding of what it means to be human. Also, you can get a good laugh in at the same time.

**The Habit Coach**

How many times have you started something new and failed to see it through? How many times do you wish your habit would stick but couldn’t find that push to do it? This is the podcast to help with that. The Habit Coach helps you form simple habits that can be incorporated into your daily life and actually improve your productivity, health, stress-management, and relationships. The episodes are short, sweet and to the point, teaching you how to better your life by building your habits.

**BOOKS**

***Self-Compassion: The Proven Power of Being Kind to Yourself* by Dr. Kristin Neff**

The relentless pursuit of high self-esteem has become a virtual religion. Our ultracompetitive culture tells us we need to be constantly *above average* to feel good about ourselves, but there is always someone more attractive, successful, or intelligent than we are. And even when we *do* manage to grab hold of high self-esteem for a brief moment, we can't seem to keep it. Our sense of self-worth goes up and down like a Ping-Pong ball, rising and falling in lockstep with our latest success or failure.

Fortunately, there is an alternative to self-esteem that many experts believe is a better and more effective path to happiness: self-compassion. The research of Dr. Kristin Neff and other leading psychologists indicates that people who are compassionate toward their failings and imperfections experience greater well-being than those who repeatedly judge themselves. This book powerfully demonstrates why it's so important to be self-compassionate and give yourself the same caring support you'd give to a good friend.

Using solid empirical research, personal stories, practical exercises, and humor, Dr. Neff—the world's foremost expert on self-compassion—explains how to heal destructive emotional patterns so that you can be healthier, happier, and more effective.

***Think Like a Monk: Train Your Mind for Peace and Purpose Every Day* by Jay Shetty**

In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, *Think Like a Monk* reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

When you think like a monk, you’ll understand:  
-How to overcome negativity  
-How to stop overthinking  
-Why comparison kills love  
-How to use your fear  
-Why you can’t find happiness by looking for it  
-How to learn from everyone you meet  
-Why you are not your thoughts  
-How to find your purpose  
-Why kindness is crucial to success  
-And much more...

***The Gifts of Imperfection* by Brené Brown**

A motivational and inspiring guide to wholehearted living, rather than just the average self-help book, with this groundbreaking work Brené Brown, Ph.D., bolsters the self-esteem and personal development process through her characteristic heartfelt, honest storytelling. With original research and plenty of encouragement, she explores the psychology of releasing our definitions of an “imperfect” life and embracing living authentically. Brown’s “ten guideposts”  are benchmarks for authenticity that can help anyone establish a practice for a life of honest beauty—a perfectly imperfect life.  
  
Now more than ever, we all need to cultivate feelings of self-worth, as well as acceptance and love for ourselves. In a world where insults, criticisms, and fears are spread too generously alongside messages of unrealistic beauty, attainment, and expectation, we look for ways to “dig deep” and find truth and gratitude in our lives. A new way forward means we can’t hold on too tightly to our own self-defeating thoughts or the displaced pain in our world. Instead, we can embrace the imperfection.

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

*Daring Greatly* is not about winning or losing. It’s about courage. In a world where “never enough” dominates and feeling afraid has become second nature, vulnerability is subversive. Uncomfortable. It’s even a little dangerous at times. And, without question, putting ourselves out there means there’s a far greater risk of getting criticized or feeling hurt. But when we step back and examine our lives, we will find that nothing is as uncomfortable, dangerous, and hurtful as standing on the outside of our lives looking in and wondering what it would be like if we had the courage to step into the arena—whether it’s a new relationship, an important meeting, the creative process, or a difficult family conversation. *Daring Greatly* is a practice and a powerful new vision for letting ourselves be seen.

***101 Secrets for Your Twenties* by Paul Angone**

One thing no one tells young people is that their twenties can be great, but they can be confusing too. (Yes, a quarter-life crisis is a real thing). This book helps you navigate the many challenges you are sure to encounter in your twenties. It takes you through everything from those nerve-wracking first job interviews to how to handle a break-up and not feel like the worst person in the world. It’s written in a witty, honest, and wise voice that will entertain and inform. *101 Secrets For Your Twenties* is a must-read to pick up for your nineteenth birthday.

***Braving the Wilderness* by Brené Brown**

“True belonging doesn’t require us to *change* who we are. It requires us to *be* who we are.” Social scientist Brené Brown, PhD, LMSW, has sparked a global conversation about the experiences that bring meaning to our lives—experiences of courage, vulnerability, love, belonging, shame, and empathy. In *Braving the Wilderness,* Brown redefines what it means to truly belong in an age of increased polarization. With her trademark mix of research, storytelling, and honesty, Brown will again change the cultural conversation while mapping a clear path to true belonging.  
  
Brown argues that we’re experiencing a spiritual crisis of disconnection, and introduces four practices of true belonging that challenge everything we believe about ourselves and each other. She writes, “True belonging requires us to believe in and belong to ourselves so fully that we can find sacredness both in being a part of something and in standing alone when necessary. But in a culture that’s rife with perfectionism and pleasing, and with the erosion of civility, it’s easy to stay quiet, hide in our ideological bunkers, or fit in rather than show up as our true selves and brave the wilderness of uncertainty and criticism. But true belonging is not something we negotiate or accomplish with others; it’s a daily practice that demands integrity and authenticity. It’s a personal commitment that we carry in our hearts.” Brown offers us the clarity and courage we need to find our way back to ourselves and to each other. And that path cuts right through the wilderness. Brown writes, “The wilderness is an untamed, unpredictable place of solitude and searching. It is a place as dangerous as it is breathtaking, a place as sought after as it is feared. But it turns out to be the place of true belonging, and it’s the bravest and most sacred place you will ever stand.”

***Dare To Lead* by Brené Brown**

Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential.  
  
When we dare to lead, we don’t pretend to have the right answers; we stay curious and ask the right questions. We don’t see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don’t avoid difficult conversations and situations; we lean into vulnerability when it’s necessary to do good work.  
  
But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we’re choosing not to invest in developing the hearts and minds of leaders at the exact same time as we’re scrambling to figure out what we have to offer that machines and AI can’t do better and faster. What can *we* do better? Empathy, connection, and courage, to start.

***Can’t Hurt Me* by David Goggins**

For David Goggins, childhood was a nightmare—poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self discipline, mental toughness, and hard work, David  transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world’s top endurance athletes. The only man in history to complete elite training  as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside Magazine to name him “The Fittest (Real) Man in America.”

In Can’t Hurt Me, he shares his astonishing life story and reveals that most of us only tap into 40% of our capabilities. Goggins calls this the 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

**https://collegelifemadeeasy.com/books-every-college-freshman-should-read/**