

## Inspiration (Click the icons to link to resources)

			Happier	Inspiration	Free
			Bloom	Inspiration for a healthy life	Free
			<u>What I Know Now</u>	By Ellyn Spragins	Varies
			Happy Maps	By Daniele Quercia	Free
			Want to be happy? Be grateful	By David Steindl-Rast	Free
			Flow, the Secret to Happiness	By Mihaly Csikszentmihalyi	Free
			The Price of Happiness	By Benjamin Wallace	Free
			The New Era of Positive Psych	By Martin Seligman	Free
			Want to be Happier? Stay in the Moment	By Matt Killingsworth	Free
			How to Buy Happiness	By Michael Norton	Free
			We're All Hiding Something. Let's Find Courage to Open Up.	By Ash Beckham	Free
			Where is Home?	By Pico Iyer	Free
			Why You Will Fail to Have a Great Career	By Larry Smith	Free
			The Happy Secret to Better Work	By Shawn Achor	Free
			Living Beyond Limits	By Amy Purdy	Free
			The 3 A's of Awesome	By Neil Pasricha	Free

		The Technology of the Heart	By H'H the Karmapa	Free
		The Opportunity of Adversity	By Aimee Mullins	Free
		The Year I was Homeless	By Becky Blanton	Free
		8 Secrets of Success	By Richard St. John	Free
		A Life of Purpose	By Rick Warren	Free
		The Voices in My Head	By Eleanor Longden	Free
		A Tale of Mental Illness from the Inside	By Elyn Saks	Free
		The World Needs All Kinds of Minds	By Temple Grandin	Free

## KEY



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Ted Talk video



Website



MP3 file



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Please note that while every effort has been made by the Counseling Center to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.