

Resources

Below are a list of resources on topics relating to mental health, relationships, and leadership. Please note that I have not personally vetted all of the resources on this list. Engaging with these resources and applying learnings is to be done at your own discretion.

On Trauma

Books:

[The Body Keeps the Score \(Bessel van der Kolk\)](#)

[My Grandmother's Hands \(Resmaa Menakem\)](#)

[Break the Cycle: A Guide to Healing Intergenerational Trauma \(Mariel Buqué\)](#)

On Relationships/Sexuality

Podcasts:

[Reimagining Love](#)

[Where Should We Begin?](#)

[Friend Forward](#)

[Dateable](#)

Books:

[Come as You Are \(Emily Nagoski\)](#)

On Mental Health

Podcasts:

[Unlocking Us](#)

[We Can Do Hard Things with Glennon Doyle](#)

[Ten Percent Happier](#)

Books:

[Burnout \(Emily and Amelia Nagoski\)](#)

[Permission to Come Home: Reclaiming Mental Health as Asian Americans \(Jenny Wang\)](#)

[The Age of Overwhelm \(Laura Van Dernoot Lipsky\)](#)

[Bittersweet: How Sorrow and Longing Make Us Whole \(Susan Cain\)](#)

On Leadership

Podcasts:

[Dare to Lead](#)

[The Leadership Moments Podcast](#)

Books:

[Dare to Lead \(Brene Brown\)](#)

[The End of Leadership as We Know It \(Steve Garcia, Dan Fisher\)](#)

Worksheets and Exercises:

Self-compassion: <https://self-compassion.org/category/exercises/#exercises>

Values exploration:

- <https://brenebrown.com/resources/dare-to-lead-list-of-values/>
- <https://brenebrown.com/resources/living-into-our-values/>

Attachment wound quiz:

<https://1wsm6geg69z.typeform.com/to/d981R7CI?typeform-medium=newtab-linktree&typeform-source=linktr.ee>