



- ### Books/Websites/Ted Talk Recommendations
- Books
 - Kitchen Table Wisdom by Dr. Rachel Naomi Remen
 - Getting Grit by Caroline Angela Miller
 - Grit by Angela Duckworth
 - Websites
 - Soul Pancake
 - Happy MD
 - Ted Talks
 - Angela Duckworth – Grit
 - Shawn Achor – The Happiness Advantage
 - Kelly McGonigal – How to Make Stress Your Friend

- ### Recommended Resources
- CENTILE
 - <http://www.centileconference.org/2017/>
 - Rochester Mindfulness Training
 - <https://www.urmc.rochester.edu/family-medicine/mindful-practice/presentations-workshops.aspx>
 - International Conference on Physician Health
 - <https://www.ama-assn.org/events/international-conference-physician-health>
 - Georgetown – Faculty Training in Mind Body Medicine
 - <https://tiih.org/events-classes/professionals/faculty-training-mind-body-medicine/>
 - Culinary Institute of America – Mindfulness (Napa)
 - <http://www.healthykitchens.org/overview/introduction>