Suggested Resources

We hope you enjoy the webinar *What’s Your Bounce-Ability?* with Mj Callaway and suggest the following resources to continue your learning after the program.

**Books**
*Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life*
– Susan David, PhD

*Stop Overthinking: 23 Techniques to Relieve Stress, Stop Negative Spirals, Declutter Your Mind, and Focus on the Present (The Path to Calm)* – Nick Trenton

**Articles**
The Harvard Gazette – How the Power of Positive Thinking Works
[https://news.harvard.edu/gazette/story/2016/12/optistic-women-live-longer-are-healthier/?fbclid=IwAR19z2biXi_eVYXCYVbODEBEIh5vyJwrsCEqYzSznCDaktJYkSrzNLCOJY#:~:text=The%20study%20found%20that%20women%20who%20were%20less%20optimistic](https://news.harvard.edu/gazette/story/2016/12/optistic-women-live-longer-are-healthier/?fbclid=IwAR19z2biXi_eVYXCYVbODEBEIh5vyJwrsCEqYzSznCDaktJYkSrzNLCOJY#:~:text=The%20study%20found%20that%20women%20who%20were%20less%20optimistic)

John Hopkins Medicine – Power of Positive Thinking


All the best,

The People of PCI Webinars

“If you change the way you look at things, the things you look at change.”

-Dr. Wayne Dyer