

## Eileen T. O'Grady PhD, RN, NP

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## School of Wellness

Revolutionizing Self-Care

It is crucial that we curate what we let into our lives and one way to do that is to pursue narrowcasts. There are currently over 2 million Podcasts available on any topic you can think of. Here are some of my favorites on wellness:

- The Happiness Lab @ Yale
- How's Work? with Esther Perel and Where Should we Begin? (live couples counseling)
- Unlocking Us with Brene Brown
- The Knowledge Project
- WorkLife with Adam Grant: A TED original podcast
- Found My Fitness with Dr. Rhonda Patrick
- Peter Attia MD: The Drive: Optimizing Health and Longevity
- Kind World
- Phit 'N Phat: How to Lose 100 pounds
- Krista Tippett: On Being
- Interviews with Yuval Harari (Author of Sapiens: A Brief History of Humankind)

Two skills that are not intuitive are parenting and meditating. I know these are top-shelf and available on-line:

- Parenting Classes: Parent Encouragement Program ([pepparent.org](http://pepparent.org))
- Meditation
  - Waking up with Sam Harris (Free to health workforce). Hands down my favorite teacher.
    - Headspace/10% Happier/Happify/ Calm Peloton/YouTube Guided meditations

Sincerely,

*Eileen*

Eileen T. O'Grady Ph.D., RN, NP

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