

Videos by Chapter

CHAPTER 1

- Success Archive (2019). “Dr. Joe Dispenza: How Your Thoughts Are Connected To Your Future.” <https://youtu.be/5reo3dXOicU>
- TEDx (2012). “Shawn Achor: The Happy Secret to Better Work.” <https://youtu.be/fLJsdqxnZb0>

CHAPTER 2

- TEDx (2018). “Chiara Lisowski: Survivor Domestic Abuse Speaks Up - I Left on a Tuesday.” <https://youtu.be/hWIN6Jf0WzQ>
- TEDx (2020). “Andrew Pain: Domestic Abuse: Not a Gender Issue.” <https://youtu.be/9HgPICMQLJs>

CHAPTER 3

- Psych2go (2020). “14 Signs of Emotional Abuse in Relationships.” <https://youtu.be/rFHwnAn9ULk>
- Danny Gibbons (2020). “Mark’d Award Winning Emotional Abuse Short Film.” https://youtu.be/EavMqZ_6UvQ
- Made by Mortals (2023). “Eggshells: A Short Film About Domestic Abuse.” <https://youtu.be/YIHxhmOsrHo>
- WPSU (2010). “Telling Amy’s Story.” <https://youtu.be/TsFv4DiPKFg>

CHAPTER 4

- Small Voice Films (2016). “Caged In - Award Winning Domestic Violence Short Film.” <https://youtu.be/iiF9ays47EI>
- Psych2Go (2020). “6 Differences Between Healthy and Unhealthy Love.” <https://youtu.be/4c5dFcC4LNY>
- TEDx (2018). “Katrina Blom: You Don’t Find Happiness, You Create It.” <https://youtu.be/9DtcSCFwDdw>

CHAPTER 5

- TEDx (2015). “Kolts: Anger, Compassion, and What It Means To Be Strong.” <https://youtu.be/QG4Z185MBJE>
- TED (2019). “Ryan Martin: Why We Get Mad and Why it’s Healthy.” <https://youtu.be/OrAngiiXBAC>

CHAPTER 6

- TEDx (2019). “Juna Mustad: Anger is Your Ally: A Mindful Approach to Anger.” <https://youtu.be/sbVBsrNnBy8>
- TEDx (2019). “Lucy Hone: The Three Secrets of Resilient People.” <https://youtu.be/NWH8N-BvhAw>

CHAPTER 7

- TED (2016). “Judson Brewer: A Simple Way to Break a Bad Habit.” <https://youtube.com/watch?v=-moW9jvvMr4>
- TEDx (2018). “Lauren Weinstein: Don’t believe everything you think.” <https://youtu.be/Xdhmgp4IUL0>
- TEDx (2019). “Peter Sage: How to be Your Best When Life Gives You It’s Worst.” <https://youtu.be/14svF7J6MWg>

CHAPTER 8

- RSA (2015). “Brene Brown on Blame.” https://youtu.be/RZWf2_2L2v8
- Fearless Soul (2018). “Joe Dispenza: Learn How to Control Your Mind.” <https://youtu.be/v7KQsS2kLM4>
- TED (2016). “Isaac Lindsy: What Reality are You Creating for Yourself?” <https://youtu.be/cmpu58yv8-g>

CHAPTER 9

- TEDx (2013). “Joe Ehrmann: Be A Man.” https://youtu.be/jVI1Xutc_Ws
- Branch Speaks (2020). “Ashanti Branch: The Mask You Live In.” <https://youtu.be/o-y5p97Gjp0>
- TED (2010). “Tony Porter: A Call to Men.” <https://youtu.be/td1PbsV6B80>

CHAPTER 10

- TEDx (2013). “Shirzad Chamine: Know Your Inner Saboteurs.” <https://youtu.be/-zdJ1ubvoXs>

CHAPTER 11

- Daniel Beaty (2010). “Knock, Knock on Def Jam Poetry.” <https://youtu.be/RTZrPVqR0D8>
- TED (2018). “Azim Khamisa/Ples Felix: What Comes After Tragedy? Forgiveness.” <https://youtu.be/85hbMtegrLc>
- TEDx (2019). “Matt Brown: The Barbershop Where Men Go to Heal.” <https://youtu.be/4UhP3OZ9ZCEw>
- TEDx (2020). “Debi Silber: Do You Have Post Betrayal Syndrome?” <https://youtu.be/iyqOR69dHiU>

CHAPTER 12

- TEDx (2020). “Sue Bryce: Changing Perspective from Shame to Self-Worth.” https://youtu.be/5_Tq5A0m7_U
- TED (2015). “Johann Hari: Everything You Think You Know about Addiction Is Wrong.” <https://youtu.be/PY9DcIMGxMs>

CHAPTER 13

- TEDx (2015). “Amy Morin: The Secret of Becoming Mentally Strong.” <https://youtu.be/TFbv757kup4>
- TEDx (2016). “Joan Rosenberg: Emotional Mastery: The Gifted Wisdom of Unpleasant Feelings.” <https://youtu.be/EKy19WzKPxE>

CHAPTER 14

- TED (2013). “Kelly McGonigal: How to Make Stress Your Friend.” <https://youtu.be/RcGyVTAoXEU>
- TED (2018). “Barrett: You Aren’t at the Mercy of Your Emotions - Your Brain Creates Them.” <https://youtu.be/0gks6ceq4eQ>

CHAPTER 15

- TED (2013). “Andy Poddicombe: All It Takes Is 10 Mindful Minutes.” <https://youtu.be/qzR62JJCMBQ>
- Headspace (2020). “Andy Puddicombe: Guided Meditation in Himalayan Forest.” <https://youtu.be/BR6yH4S1UMU>
- Headspace (2012). “Andy Puddicombe: Guided 10-Minute Meditation.” https://youtu.be/oVzTnS_IONU
- Brett Larkin Yoga (2020). “20-Minute Guided Meditation for Higher-Self (for beginners).” <https://youtu.be/f4qUbiCmhBk>

Videos by Chapter

CHAPTER 16

- TEDx (2013). “Shaka Senghor: Writing My Wrongs.” https://youtu.be/IV_uAL9ADBU
- TED x(2018). “Jahan Kalantar: A Perfect Apology in Three Steps.” <https://youtu.be/Pwl5PExezeg>

CHAPTER 17

- TEDx (2019). “Darryll Stinson: Overcoming Rejection, When People Hurt You and Life isn’t Fair.” <https://youtu.be/8yBfAeadqjl>
- TEDx (2017). “Billy Johnson: Rediscovering Hope Through Self-Forgiveness.” <https://youtu.be/voXQ5iBNllk>

CHAPTER 18

- California Department of Justice, Office of the Attorney General, Edmund G. Brown, Jr. (2008). “First Impressions...Exposure to Violence and A Child’s Developing Brain.” Iron Mountain Films, Inc. <https://youtu.be/brVOYtNMmKk>.
- Sprouts (2021). “UK Trauma Council: Childhood Trauma and the Brain.” <https://youtu.be/xYBUY1kZpf8>
- Sprouts (2021). “Five Parenting Styles and Their Effects on Life.” <https://youtu.be/fyO8pvpnTde>

CHAPTER 19

- TEDx (2020). “Lael Stone: How to Raise Emotionally Intelligent Children.” <https://youtu.be/6fL09e8Tm9c>
- Sprouts (2018). “Attachment Theory: How Childhood Affects Life.” <https://youtu.be/WjOowWxOXCg>
- Dr. Gabor Mate. “How Not to Screw Up Your Kids.” <https://www.youtube.com/watch?v=-HBP07PEJMg>
- TED (2021). “Molly Wright: How Every Child Can Thrive by Five.” <https://youtu.be/aISXCw0Pi94>
- TEDx (2020). “Shaka Senghor and Ebony Roberts: Co-Parenting as Allies, Not Adversaries.” <https://youtu.be/nRFA1C9spko>

CHAPTER 20

- TEDx (2020). “Frederik Imbo: How Not to Take Things Personally?” https://youtu.be/LnJwH_PZXnM

CHAPTER 21

- TED (2016). “Celeste Headlee: 10 Ways to Have a Better Conversation.” <https://youtu.be/R1vskiVDwI4>.
- Academy of Social Competency (2018). “Communication Skills: Empathic Listening - Inside Out 2015.” <https://youtu.be/t685WM5R6aM>

CHAPTER 22

- TEDx (2017). “Kwame Christian: Finding Confidence in Conflict.” <https://youtu.be/F6Zg65eK9XU>

CHAPTER 23

- TED (2019). “Katie Hood: The Difference Between Healthy and Unhealthy Love.” <https://youtu.be/ON4iy8hq2hM>
- Prince Ea (2015). “Love Yourself Before You Get into a Relationship. Please.” https://youtu.be/ip_FehKz5LE.

CHAPTER 24

- The Gottman Institute (2014). “Four Horsemen of the Apocalypse.” <https://youtu.be/1o30Ps-8is>
- The Gottman Institute (2018). “The Easiest Way to Improve Your Relationship.” <https://youtu.be/ib7Ain2aVR0>
- The School of Life (2017). “Why You Will Marry the Wrong Person.” <https://youtu.be/-EvvPZFdjyk>

CHAPTER 25

- Psych2Go (2018). “The Four Attachment Styles of Love.” <https://youtu.be/23ePqRkOKtg>
- TEDx (2022). “Ashley Harvey: Put on Your Attachment Hat and Change Your Romantic Attachment Style.” <https://youtu.be/jHpdf4ekrXM>
- School of Life (2018). “What is Your Attachment Style?” <https://youtu.be/2s9ACDMcpjA>
- The Gottman Institute (2018). “Invest in Your Relationship/The Emotional Bank Account.” <https://youtu.be/QHN2EKd9tuE>
- Psych2Go (2020). “Five Ways to Work with Your Partner’s Love Language.” https://youtu.be/heww-ZuAs_c
- TEDx (2019). “Maya Diamond: The Surprising Key to Building a Healthy Relationship that Lasts.” <https://youtu.be/Xvb-v83qJ8U>

CHAPTER 26

- TED (2015). “Robert Waldinger: What Makes a Good Life? Lessons from the Longest Study on Happiness.” <https://youtube.com/watch?v=8KkKuTCFvzI&t=21s>
- RSA (2013). “Brene Brown on Empathy.” <https://youtu.be/1EYwgu369Jw>
- Jason Headley (2013). “It’s Not About the Nail.” <https://youtu.be/-4EDhdAHrOg>

CHAPTER 27

- Goalcast (2018). “Terry Crews I Wanted to Save My Mother.” <https://youtu.be/L79t3fPHvII>

CHAPTER 28

- TED (2017). “Emily Esfahani Smith: There’s more to life than being happy.” <https://youtu.be/y9Trdafp83U>
- TEDx (2021). “Molly Countermin: Life isn’t Supposed to be Good... All the Time.” <https://youtu.be/5oy9LWrRPio>

CHAPTER 29

- MercyMe (2016). “Dear Younger Me.” <https://youtu.be/zoO0kyPRu3M>
- Positive Hit (2020). “Mel Robbins: The Five Second Rule.” <https://youtu.be/2n41e9su3fM>

CHAPTER 30

- TED (2019). “Lori Gottlieb: How Changing Your Story Can Change Your Life.” https://youtu.be/O_MQr4IHm0c
- Dr. Gabor Mate. “The Most Eye Opening Ten Minutes of Your Life.” <https://www.youtube.com/watch?v=9IHuMUwvzHE&t=11s>
- Lewis Howes (2019). “The Seven Day Challenge/ Dr. Joe Dispenza, Lewis Howes.” <https://www.youtube.com/watch?v=EjVexvICSVk>