

Resources

Apps

Control Me! (iOS)	www.controlme.com	Google Playstore / iOS App Store
Calm App	www.calm.com	Google Playstore / iOS App Store
Florence	www.florence.com	Google Playstore / iOS App Store
HeadSpace	www.headspace.com	Google Playstore / iOS App Store
TalkSpace	www.talkspace.com	Google Playstore / iOS App Store
SpendingPulse	www.spendingpulse.com	Google Playstore / iOS App Store
Insight Timer	www.insighttimer.com	Google Playstore / iOS App Store

Fitness

Google Fit
FitBit Coach (iPad)
Strong (iPad)

Films/Documentaries

- [Wag the Dog](http://www.youtube.com/watch?v=9122QdP8)
- [Happi](http://www.youtube.com/watch?v=9122QdP8)
- [Fat, Sick & Nearly Dead](http://www.youtube.com/watch?v=9122QdP8)
- [Fasting](http://www.youtube.com/watch?v=9122QdP8)
- [Avatar: The Last Airbender](http://www.youtube.com/watch?v=9122QdP8)
- [Fast and Furious](http://www.youtube.com/watch?v=9122QdP8)

Books

- [The Magic Immunity Pill](#) by Liza Couzin and Shikha Shrivastava
- [The Complete Book of Herbs](#) by Rosemary Gladstein
- [Prescription for Nutritional Healing: A Practical A to Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Ingredients](#) by Phyllis K. Kuentz
- [Get The Inside Story of Our Body's Most Understood Organ](#) by Gail Ebers, J.E. Ebers (Eds)
- [In Defense of Food: An Uncolonized Mind](#) by Michael Pollan

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