

Miscellaneous Articles & Quotes*

Articles

1. 30 Behaviors of Unstoppable People
 - a. <https://getpocket.com/explore/item/30-behaviors-of-unstoppable-people>
2. Do these 5 things everyday to help your kids be successful
 - a. https://www.inc.com/bill-murphy-jr/want-to-raise-successful-kids-science-says-do-these-5-things-every-day.html?utm_source=pocket-newtab
3. Best Running tips
 - a. <https://getpocket.com/explore/item/the-best-running-tips-of-all-time>
4. Purpose of Life
 - a. <https://getpocket.com/explore/item/the-purpose-of-life-is-not-happiness-it-s-usefulness>
5. Things we do with money
 - a. https://www.bostonglobe.com/magazine/2019/06/13/the-stupidest-things-with-money/e2GeBtYWqADCbD57YDtcrI/story.html?utm_source=pocket-newtab
6. Being in your head
 - a. <https://getpocket.com/explore/item/stop-spending-so-much-time-in-your-head>
7. What is love?
 - a. https://getpocket.com/explore/item/maybe-you-don-t-know-what-love-is?utm_source=pocket-newtab
8. 22 Life lessons for a mentor
 - a. https://getpocket.com/explore/item/22-life-lessons-i-learned-from-my-mentors-that-every-person-should-know?utm_source=pocket-newtab
9. Ultimate limit of human endurance found
 - a. https://www.bbc.com/news/health-48527798?utm_source=pocket-newtab
10. What is the right thing to say when someone is grieving?
 - a. https://www.psychologytoday.com/us/blog/supersurvivors/201906/whats-the-right-thing-say-when-someone-is-grieving?utm_source=pocket-newtab

Quotes

About thoughts, worry, and stress, William James says:

“The greatest weapon against stress is our ability to choose one thought over another.”

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****The articles and quotes cited in this document are for reflection and are not necessarily the viewpoint of the clinicians and staff of Care Strategies.***