

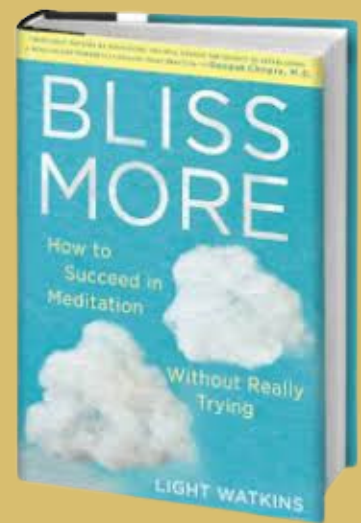
STRESS MANAGEMENT

"Bliss More: How to Succeed in Meditation Without Really Trying"

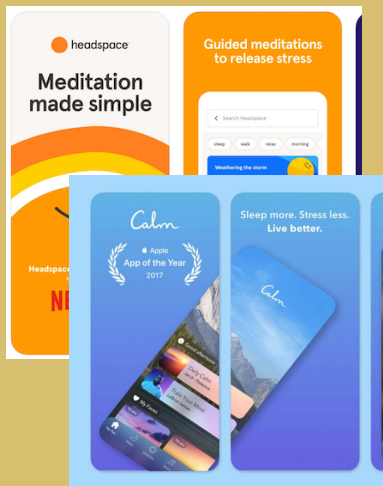
Price point: ~\$10
amazon.com

For anyone curious about meditation and its powerful benefits, this is a great "101" book by Light Watkins.

Personal note: This was the first book I read on meditation and it's still my fave. He's funny and makes meditation "approachable" for all.



Headspace or Calm Apps



Meditation became mainstream with the help of these supportive apps.

Headspace: \$13/mo
<https://www.headspace.com/>

Calm: \$15/mo
<https://www.calm.com/>

Habitify App

Price point: ~\$40/year
<https://www.habitify.me/>



New stress management routines will become easier if they become engrained habits. This app helps you solidify new habits so they become second nature.