

Resource Page - Disconnect to Connect: Tap Into the Power Within You to Create the Life You Desire

CHAPTER 1: Our Backstories

TEDx Talk video:

Disconnect to Connect: The Path to Worklife Harmony [Watch Here](#)

Brené Brown, in her book *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*, discusses how shame can create the fear that holds us back, [See Her Book Here](#)

Breaking Beliefs Podcast Spotlight: “Pillow Talk: Creating Awareness of the Self-Doubt to Get to the Truth,” with Joseph Oniwar [See Podcast](#)

The Big Leap by Gay Hendricks [Check out the Book](#), this is called the Upper Limit—you hit your upper limit, and you start doing the same thing.

B3 BREAK - [View PDF](#)

CHAPTER 2: Our Internal Stories

As Eva Fogelman, a “second generation” child as well as a psychologist, Knowing the patterns and behaviors of your family-of-origin is so important to understand how you became who you are and how that impacts your relationships.” [More About Eva Fogelman](#)

FAMILY KARMA, Spiritual teacher Sara Wiseman says in her article “Release Yourself from Family Karma” [Read Article](#)

<https://evafogelman.com/publications/group-belonging-and-mourning> [Read Publication](#)

THE “RIGHT-BRAINED” WAY OF THINKING - In his book *A Whole New Mind: Why Right-Brainers Will Rule the Future*, Daniel H. Pink discusses the importance of building our creative (or right brained) skills because human innovation is more valuable than ever. [Read More About the Book](#)

Book by Stephen Cope, *The Wisdom of Yoga: A Seeker’s Guide to Extraordinary Living* (New York: Bantam, 2006). [More About the Book](#)

Breaking Beliefs Podcast Spotlight: “Do Your Best, It’s Okay When You Make Mistakes” with Grace Horvath [Listen to the Podcast](#).

CHAPTER 3: Perception versus Reality

Leadership and Self-Deception authored by the Arbinger Institute, [Learn More](#)

Ayn Rand, The author of the classics [The Fountainhead](#) and [Atlas Shrugged](#) in the 1940s and 1950s,

Breaking Beliefs Podcast Spotlight: “The Gift of Feedback” with Jeremy Jones
[Listen to the Podcast](#)

CHAPTER 4: Never Feeling Good Enough

Conscious Entrepreneurship with Bo Shao: [Watch Here](#)

Article written by Kaye Ramos in the digital magazine *The Startup* called “How to Break Bad Habits and Set Yourself Up for Success According to Research.” [Read Article](#)

To try a sample meditation, see [Meditation Here](#)

Breaking Beliefs Podcast Spotlight: Modeling A New Perspective With An Open Heart: Taking 100% Responsibility With Samantha Moe and Dr. Tye Moe [Listen to Podcast](#)

CHAPTER 5: The Importance of Community and Compassion

You can find more information on ACE, the study, and its findings at the CDC webpage: [View Study](#).

In her [TED Talk](#), [Nadine Burke Harris](#), author of [The Deepest Well](#)

Business, Balance & Bliss: How the B³ Method Can Transform Your Career and Life by Amy Vetter
[More Information on the Book](#)

More on Radical Candor- www.radicalcandor.com

Breaking Beliefs Podcast Spotlight: “Looking for Me in Others Utilizing the Power of Mentors” with Madeline Pratt [Listen to the Podcast](#)

CHAPTER 6: The Intuitive Mind versus the Rational Mind

The Four Agreements by Don Miguel Ruiz San Rafael, CA: Amber-Allen, 1997. [See Book](#)

Breaking Beliefs Podcast Spotlight: “You Can be the Same Person at Work and at Home” with James Deleo [Listen to the Podcast](#)

CHAPTER 7: Coming into Awareness

Eat Pray Love by Elizabeth Gilbert, New York: Penguin/Riverhead, 2007, Kindle chapter 60.
<https://www.elizabethgilbert.com/books/eat-pray-love/>

Breaking Beliefs Podcast Spotlight: “Take Mindfulness Off the Cushion Beginning with Compassion”
with Scott Shute [Listen to Podcast](#)

CHAPTER 8: Trust the Process to Break the Patterns

Jack Kornfield, Mindfulness expert, [Read More](#)

Tara Westover, author of *Educated*, on Oprah Winfrey’s *Super Soul Podcast* [Listen to the Podcast](#)

Breaking Beliefs Podcast Spotlight: “Ask for Help, You Can’t Do It Alone” with Melisa Galasso
[Listen to the Podcast](#)